



## THE INDIAN COMMUNITY SCHOOL KUWAIT – JUNIOR

Dear Parent,

*We appreciate the parent community for the overwhelming response in creating awareness among the students the importance of drinking water.*

*A healthy diet promotes success in life, better concentration and alertness, better physical health that translates into good mental and emotional health. ICSK Junior takes pride in building a happy and healthy community. In an effort to inculcate in our students the value of a healthy diet, we plan to follow a colour theme every month.*

*You may send tiffin with fruits / vegetables (cooked / uncooked) matching to the respective colour code of the month on every Sundays and Thursdays as shown below.*

NOVEMBER – GREEN



JANUARY – YELLOW



DECEMBER – RED



MARCH –  
BLUE / PURPLE



FEBRUARY – ORANGE



*Thursday's tiffin may include any mixed fruits / vegetables of any colour (cooked / uncooked).*



*To eat is a necessity but to eat intelligently is an art.*