

Dear Parents,
Greetings from OPBMS!



List of Activities for the Month of December 2022-23 are as follows:

| Activity/event | Date | Details |
|---|----------------------|---|
| Nutrition Week: | Dec 11- Dec 17, 2022 | <ul style="list-style-type: none"> Teacher talk on nutrition. Related video will be shown Any of the following to be added in the regular tiffin |
| <ul style="list-style-type: none"> Protein Day: | Dec 12, 2022 | Spinach / Cheese sandwich/ Rajmah / Peanuts/ lentil (any) |
| <ul style="list-style-type: none"> Vitamin and Mineral Day | Dec 14, 2022 | Fruit chaat/Green leafy vegetable/Carrot halwa |
| <ul style="list-style-type: none"> Carbohydrate Day | Dec 16, 2022 | Potato Parantha or chaat/ Whole grain bread or roti / Vegetable pulao/Paneer roll /Sweet potato chaat |
| <ul style="list-style-type: none"> Calcium Day | Dec 17, 2022 | Soaked nuts (Almonds, walnuts)/ Chickpeas / Fox nuts(makhana) / porridge/ sesame seeds |
| Show and Tell | Dec 21, 2022 | <ul style="list-style-type: none"> Topic: Healthy Food Students to bring a prop. Students to speak 3-4 sentences on the given topic. |
| Christmas Celebration | Dec 23, 2022 | <ul style="list-style-type: none"> Students to dress up as per the festival Activity: Santa claus with hand print |
| Parents Teacher Meet | Dec 24, 2022 | <ul style="list-style-type: none"> Related circular will be shared |

Note: Winter Break Starts from December 25, 2022 to January 02, 2023.

Warm regards
Sd/-
Sangeeta Sharma
Principal