



CIRCULAR NO: IPHS/17-18/37

17<sup>th</sup> May, 2017

**Restricted to KG Section**

Dear Parents,

**Sub: Setting routines for your young children.**

- *We all understand that sleep is a vital need and essential for a child's health and growth. After a good sleep, the child will be ready for activities on the following day and also is less prone to behavioral problems and moodiness. So, it is our sincere advice to you, to make sure that your child goes to bed earliest by 8.00 pm at night, so that he/ she gets at least 10hrs of sleep.*
- *Provide nutritious food in your child's Tiffin box every day. Avoid giving them junk food like chips etc., add fruits as frequently as possible.*
- *Extension of leave before or after summer vacation/ Winter Vacation is not advisable unless there is an emergency. Due to the prolonged gap, the child may lose interest and lag behind in his/ her academics.*

*Your cooperation in this regard is expected please.*

Thank you

**Vasanthi S**  
**Supervisor**