

**ENSURING LUNCH BOX TO THE SCHOOL**

Dear Parent,

Greetings !!!

We hope this message finds you and your family in good health and high spirits.

It is my utmost priority to ensure the well-being and academic success of every student in our care. One crucial aspect of their overall development is providing students with Lunch Boxes during their time at school. While we have strived to maintain a collaborative effort between the school and parents, we have recently noticed a few instances where students have arrived without their lunch boxes, possibly due to unintentional oversight.

We kindly request your attention and cooperation in this matter, as a balanced and nourishing diet greatly contributes to your child's physical health, mental acuity, and concentration throughout the day. To support this goal, we would like to reiterate a few important points:

1. **Daily Lunch Box:** We encourage all parents to pack a well-balanced meal for their child each day. This should include a combination of whole grains, proteins, fruits, vegetables, and a source of hydration. Please ensure that the meal adheres to any specific dietary requirements or restrictions your child may have.
2. **Regular Check:** We understand that mornings can be a busy time for families, and it is possible to overlook packing the lunch box. We kindly request parents to make a habit of double-checking their child's bag before leaving for school, ensuring that the lunch box is included. Oftentimes many cases have been reported where the children have reported to the school minus Lunch Boxes.
3. **Communication is Key:** If, for any reason, you are unable to pack a lunch for your child, please notify us in advance by sending a note or contacting the school office. Our dedicated staff will make arrangements to provide a nutritious meal (vegetable sandwich) for your child, ensuring they do not miss out on essential nutrition. **Please be informed, we do not permit parents inside the premises during school hours to deliver Lunch Boxes.**
4. **Healthy Snack Options:** Additionally, we encourage parents to pack a small, nutritious snack for their child to enjoy during break times. This will help sustain their energy levels and enhance their overall focus throughout the day.

Please understand that the intention of school is not to criticize, but rather to collectively create an optimal learning environment for all our students. By reinforcing the importance of regular meals and communication, we can work together to ensure the well-being and academic success of your child.

I sincerely appreciate the ongoing support and cooperation of parents in providing a nurturing environment for our students. Should you have any questions or concerns, please do not hesitate to reach out to the Principal [asha.prabhakar@balbharati.org](mailto:asha.prabhakar@balbharati.org) OR [bbpsnd@balbharati.org](mailto:bbpsnd@balbharati.org)

**WISHING YOU ALL CONTINUED HEALTH AND HAPPINESS!!**

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A Razdan (File)

Asha Prabhakar  
(Principal)  
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एक कदम स्वच्छता की ओर