

**SHAHEED RAJPAL DAV PUBLIC SCHOOL  
DAYANAND VIHAR, DELHI -92**

SRDAV/SR/2014-15/01

Dated: April 4, 2014

Dear Parents,

It gives us immense joy and pleasure to value a strong connect we have developed with you and achieved many milestones together. This partnership in exploring the unique talent of your ward, makes me feel ecstatic. Now we look forward to yet another session nurturing a fresh hope and new thinking to accomplish many more milestones in our pursuit of excellence.

For the SRDAV Team, this implies the fullest possible development of all the dimensions of student's personality – physical, intellectual, academic, socio-cultural, moral and spiritual. A number of efforts have been made to ensure holistic development of pupils. It is rightly said – *'Physical health is not only one of the most important components of good health, it is the basis of dynamic and creative intellectual activity'*. According to the India Breakfast Habit study, it is revealed that several people today either skip or skim breakfast and children go to school on an empty stomach and therefore miss the much needed nutrients. To address this issue and groom a generation of breakfast eaters in India, the school has started an endeavour of – ***'Start Your Day With Healthy Eating'***. It is advised that children must carry a **Fruit/ Healthy light meal** to be taken at the start of the school. **Time will be provided from 7.40 am to 7.45 am to the students to take this meal.** Do provide a healthy sumptuous meal for lunch break as usual to encourage healthy eating habits.

Please note the following instructions:

- **The school will start at 7.40 am. School gate will be closed at 7.45 am. The school hours have been extended by ten minutes. The school will get over at 1.50 pm.** Parents should reach their respective bus stops accordingly.
- **Parents are requested to pick and drop their ward at the Park Gate of Dayanand Vihar to avoid traffic congestion near the entry point of Dayanand Vihar as well as the approach road to school.**
- **Students should not bring their own vehicles as they are not license holders.**
- **Children should not bring mobiles, wear jewellery or carry any expensive items to school.**
- Students should come in proper uniform .
- Please note girls should not wear colourful bands or leave their hair open. **Hair should be neatly tied up** for a well groomed look. Boys should also have a crew cut. **Spikes and streaks are not allowed.**

**We are sharing with you the planner for the month of April for better planning and time management.** The quality of our children and their ability depends on us. Do spend time with them to cultivate their thoughts and nurture their personality.

**Regards**

**Renu Laroia  
Principal**