

TCS/GEN/005/2022-23

Date: 07-04-2022

## CIRCULAR

VALUE OF THE MONTH: FRIENDSHIP - صداقة

SUBJECT: WORLD HEALTH DAY

Dear Parent,

Greetings from The Central School Dubai!

“Healthy Living” must become a way of life for all of us. Making healthy food choices, staying physically fit and active are all essential to healthy living. We at TCS want our students to nurture and sustain a “healthy lifestyle” from an early age. Keeping this in mind we will be celebrating the **World Health Day** with the launch of a healthy recipe booklet. The link below will give access to the healthy recipe booklet. <https://online.fliphtml5.com/yzmqx/kazv/>

This booklet is a compilation of healthy recipes which comes straight from the homes of our teachers that are easy to put together which the students can do it themselves with little adult supervision. We wish to encourage all of our student community to make the most of this opportunity of being home with the whole family to develop and acquire the skill of putting together a healthy meal / snack. So, get set and going!

Don't forget to share your experience and pictures of the snacks that you make. We will be waiting to hear from you all!

Regards,



Seema Umar  
Vice Principal