



MATA BHATEE DEVI

A Recognized Sr. Sec. School



MBDPS/2025-26/CC148

Parental Circular for Grade: Nursery – XII

Saturday, November 22nd

Dear Parent,
Greetings!

'Small Daily Habits Build Strong, Confident And Resilient Children.'

'3rd Spirit 2025 - The Annual Sports Day,' practices are now in full swing and as we move closer to the event, the training will gradually become more rigorous. To ensure that our students participate with energy, enthusiasm and good health, it is important that their well-being is taken care of at home as well.

A few simple steps can make a remarkable difference — not just for Sports Day, but for your child's long-term fitness and lifestyle:

- 1) Encourage 20–30 minutes of daily physical activity—light jogging, skipping, cycling, or outdoor play to strengthen stamina.
- 2) Provide balanced and nutritious meals including fruits, vegetables, pulses, milk and healthy proteins.
- 3) Limit screen time and motivate your child to stretch, move around, or engage in simple physical tasks.
- 4) Ensure adequate sleep and proper hydration to help the body recover from practice sessions.
- 5) Promote good posture, breathing and warm-up habits to avoid strain or injuries.
- 6) Stay alert to signs of fatigue or discomfort and keep the school informed in case of any concern.

Your support at home plays a vital role in your child's preparation, performance and overall development. Together, let's help our children enjoy Sports Day with confidence, strength and a joyful spirit.

Warm Regards,

PRINCIPAL

Mata Bhatee Devi School