



HERITAGE SCHOOL JAMMU

GUMMY BEARS' WORLD

Date: 02.05.19

Dear Parent,

These are the activities for the month of May, 2019:

- **Mother's Day:** **Friday, 10.05.19**
- **Health and wellness week:** **Monday/06.05.19 to Friday/10.05.19**
(For this week, kindly send tiffin made of specially mentioned products given in the brackets, alongside the below given information)

06.05.19- Information on natural and healthy food(rice/idly/dosa/poha)

07.05.19-Exercise and Yoga (Stuffed parantha/parantha with any vegetable)

08.05.19-Information on seasonal fruits (fruits)

09.05.19-Information on vegetables (salad)

10.05.19-Doctor checkup (sandwich/semolina pasta)

- **Hindi Recitation:** **Monday, 13.05.19**
- **Yellow colour Day:** **Friday, 24.05.19**
(Kindly send your ward in any yellow coloured dress along with any one yellow coloured object and encourage him/her to speak few lines on it in English for the Show 'N' Tell class activity).

- **P.T.M:** **Saturday, 25.05.19**
(Timings: 8:30a.m-10:30 am)
Roll no. 1-16 (8:30 a.m-9:30 am)
Roll no 17 onwards (9:30am-10:30 am)

NOTE:

***Summer vacations will commence from 25th May, 2019**

*** School will re-open on Tuesday, 16th July, 2019.**