



26th March, 2019
LIS/ACAD/2019-20/001

Dear Parent,

Greetings !!

This is to bring to you kind notice that as per the request of many parents we have decided to have a short break at about 10:15 A.M. for the whole school for **10 minutes**.

This decision was taken considering the fact that many students have early breakfast at home or eat at about 8:30 A.M. at school and get hungry at times.

In this regard we request you to pack a simple and dry snack which your ward can eat during the break. Kindly keep in mind that this break is just for 10 minutes and the food has to be consumed in the classroom only.

Here are some examples of "Short Break Food Items" –

- | | | |
|---------------------------|----------------------------------|-----------|
| a. Dry Fruits | b. Small cup cakes / cream rolls | c. Fruits |
| d. Small spring rolls etc | e. Biscuits | |

Gravy items, or any other heavy food will not at all be suggested for this short 10 mins break. Try and avoid too much or repetition of fried items too.

Thank you in advance for your support and cooperation.

Regards

Satyaki Banerjee
Head of School

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