



RKL GALAXY INTERNATIONAL SCHOOL

CBSE Affiliated

Notice no./AY2026-27/11

Date-13th April 2026

Department: Grade 3 to Grade 10

Healthy Fruit Break

"Healthy eating is a way of life, so it's important to establish routines that are simple, realistically, and ultimately livable."

Dear Parents,

Greetings from the school!

We would like to inform you that our short break is designated as a *Fruit Break*. During this time, we encourage students to consume healthy and nutritious food.

We kindly request you to send fruits or other healthy food items with your ward for the fruit break. Your cooperation will help us promote good eating habits and overall well-being among our students.

Note: Do not send junk food and packed food in tiffin.

Thank you for your support.

Warm regards,

RKL Galaxy International School