

KIKANI VIDHYA MANDIR

Senior Secondary School

(Affiliated to CBSE)

Circular No.3 /2019-2020

27.06.2019

Dear Parent,

Warm greetings from Kikani!!!

We request you to kindly adhere to the below given instructions to enable us - the Kindergarten wing, to function smoothly and effectively.

General Instructions

1. Ensure your child's uniform is neat and clean.
2. The child is expected to wear only the purple socks (given by the school) and black shoes.
3. The handkerchief should be pinned.
4. Ensure the hair and nails are trimmed regularly.
5. Gold and other expensive things are strictly prohibited inside the campus. The school shall not be held responsible for any loss.
6. Bangles, anklets, neck chain, beads, finger rings and other accessories are prohibited.
7. Girls are expected to wear only White hair clips and white hair bands.
8. The child is expected to be in the campus at 8.50am sharp. Help us to help you discipline your child as we believe discipline starts with punctuality.
9. Kindly avoid sending your child during sickness.
10. Lunch bag, lunch box, water bottle, snack box etc have to be labeled with your child's name and section.
11. Kindly ensure the home assignments are done by the child and the same needs to be sent to the school every Monday.
12. Avoid using plastic/ Tupperware lunch boxes and water bottles. Kindly start using stainless steel lunch boxes, spoons, forks etc

Food related instructions

1. Junk food is strictly prohibited. Please refrain yourself from sending fried items for lunch.
2. Kindly send food according to your child's appetite. Excess food often goes waste hence let us avoid wasting food by providing the right quantity.
3. A healthy outside starts from the inside. The following food chart is advised for a better growth.

| DAY | SNACKS | LUNCH |
|------------|---------------------------------------|---|
| Monday | Fibre rich biscuit cake without cream | Dal rice with ghee and vegetables |
| Tuesday | Fruit Salad | Chapati with korma |
| Wednesday | Nuts and Dry fruits | Steamed foods / curd rice/ poori masala |
| Thursday | Vegetable salad | Ghee rice and Potato or any vegetables |
| Friday | Sprouts / Pulses | Vegetable rice with raita |