

DAV PUBLIC SCHOOL

BRS NAGAR, LUDHIANA

Dear Parents
Namaskar!

I hope you and your family are doing well. I am writing to you not just as the Principal, but as someone who truly wishes to see your child grow up to be a happy, healthy, and confident individual.

We have noticed that many children in the school are struggling with tiredness, lack of focus, and increased anxiety. Most of this is linked to two factors – irregular lifestyle habits and limited communication at home. With a few small but consistent changes, we can make a big difference.

We need to invest our time in nurturing our next generation by following a few simple daily tips that will help young children develop healthy habits, a happy disposition, and a confident, disciplined life.

1. Physical health comes first

Children need 7 to 8 hours of sleep, regular home-cooked meals, and 30 - 45 minutes of physical activity every day. Late-night gadget use and junk food are becoming common reasons for poor concentration and low energy. As parents, please **set a fixed bedtime, encourage outdoor play or sports**, and ensure they eat a balanced diet - **pulses, seasonal vegetables, milk, healthy carbs, fruits and nuts etc.**

There's no better food than the one cooked at home – it not only contains pure ingredients but also our love and care, which cannot be replicated by anything synthetic.

❖ In line with the **recent CBSE advisory, I urge you to be mindful of the amount of sugar and oil your child consumes daily.** Excess sugary, starchy and fried foods can lead to obesity, low immunity, and long-term health issues. Simple practices such as:

- ❖ Replacing sugary drinks with water, milk, buttermilk, or lemonade
- ❖ Reducing the consumption of sweets, chocolates, and packaged foods to a bare minimum
- ❖ Limiting deep-fried items and using minimal oil in cooking,

can go a long way in keeping children healthy.

2. Mental well-being matters

Many children feel pressured to meet expectations but hesitate to share their worries. Please take 10 -15 minutes daily to talk to your child – not just about homework or class tests, but about how they are feeling, about their friends, or even about their hobbies. A simple question

like “How was your day?” or “Is there something troubling you?” can open the door to honest conversations.

You can contact our school counsellors – Ms Ankita Garg and Ms Ravinder Kaur in case you feel that your child needs expert handling or counselling in any matter.

3. Parent–child relationship is the foundation

Children need to feel that parents are approachable. Avoid constant comparisons with siblings or other children – it lowers their self-esteem. Praise their efforts, even in small tasks, and guide them with patience when they make mistakes.

Examples that work:

- Taking a family walk after dinner instead of watching TV, Netflix, or using mobile apps
- Fixing a “no-phone zone” during meal times
- Cooking healthy snacks together on weekends – it builds responsibility and helps children make better food choices.

“Children may not always remember what we teach them, but they will always remember how we made them feel. A little love, patience, and attention today can shape their tomorrow.”

Let us work together to ensure our children are physically active, emotionally strong, and comfortable sharing their thoughts with us.

If you would like us to conduct a short workshop for parents on these topics, please let us know – we will be happy to help.

You may convey your thoughts or concerns to us at **principal@davbrsnagar.org**.

With warm regards,
Educationally Yours,

Jaswinder K. Sidhu
Principal

Sunday, 24th August, 2025.