



Ramjas International School  
R.K. Puram, New Delhi

# RAMJAS INTERNATIONAL SCHOOL

## R. K. PURAM, NEW DELHI

RIS/RKP/2025/3/023

18 March 2025

Dear Parents,

At Ramjas International School, we always strive to promote healthy eating habits among our students. As part of this initiative, School is going to provide fresh fruits to the pre-primary students during the **Fruit Break**, where children will be encouraged to eat fresh fruits during the break time. This will help inculcate healthy eating habits and provide essential nutrients for their growth and well-being. Additionally, it will also help in nurturing social etiquettes among the tiny tots.

We kindly seek your consent to offer fresh fruits to your child during this break. The fruits will be carefully selected, washed, and served hygienically. **If your child has any allergies or dietary restrictions, please mention them in the consent form below.**

Please feel free to contact the class teacher for any queries and return the consent slip to the class teacher on 01 April 2025.

Thank you for your cooperation in fostering healthy eating habits in our children.

Best Wishes,

Ms. Richa Sharma

PRINCIPAL

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### CONSENT FORM

I, \_\_\_\_\_, parent of \_\_\_\_\_, studying in class \_\_\_\_\_,

**Give my consent** for my child to have fruits provided by the school during the Fruit Break.

**Do not give my consent** for my child to have fruits provided by the school.

**Allergy/Dietary Restrictions (if any):** \_\_\_\_\_

**Parent's Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_