



Circular: Importance of Breakfast for Students

Date: 7th July 2025

Dear Parents,

Warm greetings!

It has come to our attention that an increasing number of students are arriving at school without having eaten a proper breakfast. This is a concerning trend that can have serious consequences on students' health, academic performance, and emotional well-being.

“Eat breakfast like a king, lunch like a prince, and dinner like a pauper.”

Why is Breakfast So Important?

Breakfast is the first fuel of the day. Especially during school age, when growth and cognitive development are at their peak, students need nutritious, energy-rich meals to stay focused and active.

Skipping breakfast can lead to:

- Fatigue, dizziness, and even fainting (especially during morning assembly)
- Lack of concentration in class
- Mood swings and irritability
- Nutrient deficiencies in the long run

Common Reasons for Skipping Breakfast

1.Late Night Habits – Students staying awake past midnight on mobile devices or watching TV disrupt their sleep and hunger cycles.

2.Working Parents – In many homes, both parents are working, and breakfast gets delayed or skipped entirely.

3.Unstructured Routines – Children waking up late, rushing for school, and skipping their morning meal.

“A good breakfast is a good start to a great day.”

Suggested Breakfast Options

Here is a quick and healthy 5-day meal plan you can prepare easily at home:

Day	Meal Option	Add-Ons
Monday	Veg. Upma/Veg. Dalia/Milk Dalia	Soaked Almonds
Tuesday	Stuffed Paratha (Potato/Paneer/Dal)	Curd / Orange
Wednesday	Veg. Poha/Veg. Vermicelli	Banana Shake
Thursday	Veg. Sooji Cheela/Veg. Besan Cheela/ Oats Cheela with Coriander Chutney	Any Fruit (Seasonal)
Friday	Veg. Idli/Uttapam/Veg. Sandwich with Peanut or Coconut Chutney	Roasted Chana/ Dry Fruits

Always include 1 glass of water after waking up

Let us join hands to ensure that our children begin their day the right way - *with a strong body and a sharper mind.* Let us join hands to ensure that our children begin their day the right way - *with a strong body and a sharper mind.*

“When you fuel yourself right in the morning, you win the day.”

Warm regards,
Dr. (Mrs.) Neelima Jain
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