



ST. ANTHONY'S SCHOOL (CBSE)

DISCIPLINE | DETERMINATION | DEDICATION
(A UNIT OF JEPPIAAR INSTITUTE OF TECHNOLOGY)
AFFILIATION NO: 1931666
KUNNAM, SUGUVARCHATRAM, SRIPERUMBUDUR

EAT THE RAINBOW WITH GREENS

31.07.2026

Dear Parents,

Greetings from St. Anthony's School (CBSE)!

As part of our "Eat the Rainbow" theme, we are delighted to announce our "Green Day Celebration – Eat Green, Grow Healthy!" This activity aims to encourage healthy eating habits among our little learners by introducing them to the goodness of green vegetables and leafy greens. We kindly request you to send **any one green vegetable or leafy green** with your child on **31.07.2026**.

In addition, please help your child prepare a **2D or 3D craft model** of the same vegetable or leafy green. Kindly write its name clearly on the model and send it along with your ward.

- ☐ Spinach (Palak)
- ✿ Fenugreek Leaves (Methi)
- ✿ Drumstick Leaves (Moringa)
- ✿ Amaranth Leaves (Arai Keerai / Thandu Keerai)
- ✿ Coriander Leaves
- ✿ Mint Leaves (Pudina)
- ✿ Curry Leaves
- ☐ Lettuce
- ✿ Mustard Greens
- ☐ Green Cabbage
- ☐ Broccoli
- ☐ Cucumber
- ☐ Green Peas
- ☐ Green Capsicum (Bell Pepper)
- ☐ Cabbage
- ✿ Drumstick

This activity will help children:

-  Identify healthy green vegetables and leafy greens.
-  Understand the importance of eating nutritious green foods.
-  Develop creativity and artistic skills through craft work.
-  Learn healthy food habits from an early age.

Let our Kids grow happy knowing the benefits of Eating Green Vegetables & Leafy Greens

-  Rich in vitamins and minerals that support healthy growth.
-  Strengthens the immune system and helps fight illnesses.
-  Promotes strong bones and healthy teeth.
-  Supports healthy eyesight.
-  Rich in iron and fiber, helping children stay active and energetic.
-  Aids digestion and contributes to overall well-being.

We look forward to your enthusiastic participation in making this activity enjoyable and educational for our young learners.

Thank you for your continued support and cooperation.

**Warm Regards,
Principal,
St. Anthony's School (CBSE).**