BAQHERS PUBLIC SCHOOL

ENGLISH MEDIUM, KALABURAGI

CBSE Affiliation No: 830923

Circular No.37/PR/BPS/2025-26 Date: 10/09/2025

Dear Parent / Stakeholders,

Subject: **Importance of Nutritious Breakfast for Students-Req-Reg**.

It has been observed that a large number of our students are reporting to the **Principal's office frequently with complaints of stomach pain, nausea, and vomiting during school hours. On inquiry, it has come to our notice that nearly 95% of students are attending school on an empty stomach.**

As you are aware, when **students do not eat proper food in the morning, hydrochloric acid continues to build in the stomach, leading to discomfort, pain, and health issues. Consequently, children are unable to concentrate in class and are often requesting to go home**. This not only affects their health but also disturbs their academic performance and preparation, especially with the upcoming Mid Term Examinations.

We kindly request all parents to ensure the following for the well-being of your child:

- Provide a balanced and nutritious breakfast before sending your child to school.
- Pack healthy snacks or a light tiffin for the mid-day break.
- Encourage your child to drink sufficient water and avoid junk food.

Your cooperation is essential in nurturing the health and academic success of your children. Together, let us ensure that every student remains healthy and focused during this important phase of learning.

Thank you for your support.

Warm regards,

Dr. MOULALI KHAN. P
PRINCIPAL
BAQHERS PUBLIC SCHOOL
Behind KNZ Garden, Ring Road,
KALABURAGI - 585105