



Dear Parent

G.D. Goenka Global School took its maiden step last year and introduced the **FitterFly Fitness & Nutrition Program**, which is an objective child health education and assessment program. It is conducted by a team of experienced pediatric doctors, nutritionists and fitness experts.

Please find below the details of the Programme:-

➤ **Fitness Assessment:**

The **Fitness Assessment** of your child will be conducted at the School, during school hours between **Monday, 22nd April 2019 to Friday, 26th April, 2019**. The fitness assessment will be conducted only for students above 5 years of age.

Grade	Date of Assessment
Grade 1 (Cedar, Ebony)	Monday, 22 nd April 2019
Grade 1 Gulmohar & Grade 2 (Alps and Himalayas)	Tuesday, 23 rd April 2019
Grade 3 (Nile) & Grade 4 (Emerald)	Wednesday, 24 th April 2019
Grade 5 (Sirius) & Grade 6 (Victoria)	Thursday, 25 th April 2019
Grade 7 (Keats) & Grade 8 (Niagara)	Friday, 26 th April 2019

Please make sure your child wears sport shoes on the day of assessment. A detailed fitness report will be sent to the parents by SMS. A personalized fitness plan for the child will also be shared, post assessment.

The FitterFly team of Fitness Experts will be available on Saturday, 4th May 2019, 10 am to 12 noon; at the School to explain you the fitness report of your child.

➤ **Nutrition Program:**

The **Nutrition Assessment** of your child will be conducted at the School from **Monday, 22nd April 2019 to Monday, 29th April, 2019**. The child will be required to fill the food recall of the previous day under the guidance of the class teacher. For younger children, the food diary will be sent home to be filled by the parents.

We would request you to kindly submit the filled food diary by Monday, 29th April 2019 to the class teacher. Students of all ages can participate in Nutrition Assessment. A detailed nutrition report will be sent to the parents by SMS. Fitterfly Nutritionists will get in touch with the parents during the month of May for phone consultation.

Your participation is extremely important for the success of this programme. **Therefore, we request you to please make sure that your child does not miss school on the above mentioned days.**

Warm regards

NIDHI SIROHI
Principal