



**BIRLAHIGH SCHOOL**  
**[Junior Section]**

BHS/CIR-08/16-17

Dt. 29<sup>th</sup> April, 2016

**Circular**  
**Nursery – Class V**

Dear Parents,

We have recently received an interesting proposal which you will find below. It occurred to us that you might wish to avail of this opportunity during the children's Summer Vacation. It is totally optional.

Thank you,

Yours sincerely,

L. Saigal  
Headmistress

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**A FITNESS PROGRAMME FOR CHILDREN.**

Most students are unfit either overweight, slow-moving or inflexible. A number of parents have expressed concern but have not been able to alter the lifestyles of their children.

**There is remedy at hand.**

An interesting activity is underway at Rabindra Sarobar.

An agency called **Fun & Pickle** has started a weekend activity to enhance child fitness, fun and exposure. Comprising fitness training. Nature walks and sports activities.

**COMPLETELY FREE. WITH TRAINED GUIDANCE.**

Each Sunday 7:00 am. In a shaded part of Rabindra Sarobar (across Menoka Cinema).

Please send your child.  
They will enjoy themselves!

**Contact person: Neha Bhatnagar 98306 61566**