



IISJ/PRL/0054/2026-2027

Date: 7th May 2026

CIRCULAR

Dear Students,

Greetings from IIS Jubail!

It is important to maintain a balanced diet and healthy lifestyle.

Please follow these simple guidelines to stay healthy:

- ❖ Drink plenty of water throughout the day to stay hydrated. Always carry a water bottle and make it a habit to drink water regularly.
- ❖ Avoid soft drinks. Limit the intake of sugary foods such as candies, pastries, and desserts.
- ❖ Eat fresh, home-cooked meals and avoid junk food and fast food.
- ❖ Include fruits and vegetables in your daily diet.
- ❖ Do not skip meals, especially breakfast. Have early dinner, at least 3-4 hours before sleeping.
- ❖ Practice mindful eating, giving importance to the intake of minerals, vitamins, proteins, etc. and avoid overeating.
- ❖ Learn to manage stress and spend time exercising or playing sports every day.
- ❖ Sleep for 8 hours and try to sleep no later than 10:00 pm.
- ❖ Engage in physically and mentally enriching activities.

Your health depends on your daily habits. Make wise choices.

Always stay healthy.


Dr. Nisha Madhu
Principal

