

AICS /C/018-2025

Circular

September 18, 2025

**World Heart Day**  
**(Inclusion Dept)**

Dear Parents,

Greetings from **The Apple International Community School**.

In recognition of **World Heart Day** on **29th September 2025**, we will be conducting activities to raise awareness about heart health and the importance of making healthy lifestyle choices.

The theme for this year is:  
**“Use  to Keep Your Heart Healthy.”**

**Planned Activities:**

**For Students (FS to KS4)**

**Dress in Red:** Students are encouraged to wear red as a symbol of heart health.

**Age-Appropriate Activities:**

FS & KS1 – Make paper hearts with drawings of healthy foods or “Things that make my heart happy.”

KS2 – KS4 – **Heart Pledge Wall:** Students will write one healthy habit they promise to follow on a Padlet link.

5-Minute Guided Relaxation – “Feel Your Heartbeat”

Through these activities, we aim to create awareness and motivate our students to embrace habits that keep the heart strong and healthy.

We look forward to your support in making this day impactful and memorable.

Warm regards,

*Pretty Khosla*

Pretty Khosla  
Principal