



World Heart Day – “Don’t Miss a Beat”
(Year FS to Year 10)

Dear Parent,

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

As part of our annual tradition, **Apple International Community School (AICS)** will join the world in celebrating **World Heart Day** this month. Our celebration will take place on **Tuesday, 30th September 2025**.

In preparation for this special day, the **AICS Medical Team** will be conducting a **Heart Health Education Session** for all parents via MS Teams.

Session Details: -

- **Theme** : *Don’t Miss a Beat*
- **Date** : **Tuesday, 30th September 2025**
- **Time** : **11:00 AM to 11:30 AM**
- **Platform** : MS Teams
- **Link** : [World Heart Day -"Don't Miss a Beat" | Meeting-Join | Microsoft Teams](https://teams.microsoft.com/l/meetup-join/19%3a384822232414/join?context=%7b%7d&tenantId=78Wd2U)

Meeting ID: 384 822 232 414

Passcode: Jm78Wd2U

We encourage all parents to attend this informative session to learn valuable tips on maintaining a healthy heart. Your participation will help us promote awareness and inspire a heart-healthy lifestyle for our entire school community.

Thank you for your support, and we look forward to seeing you online.

Warm regards,

Pretty Khosla

Pretty Khosla
 Principal