



# ENFANTS WELLNESS CLUB



**OCTOBER 2024**

**GRADE VI TO VIII**

Dear Parents,  
Greetings from SAN ACADEMY!

We at SAN Academy, create a welcoming and exciting learning environment by developing the attitude and skills that support healthy and fulfilled life with the confidence for lifetime of learning. We support personal development, social responsibility, sense of self-worth and promote a “can do “ attitude and inspire each to achieve their best .

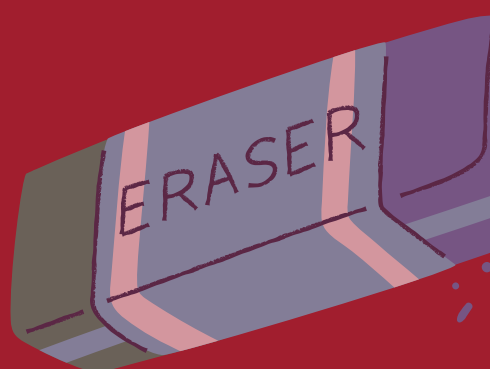
## ENFANTS:

ENFANTS is a club which aims to keep the children updated on all the activities planned for the month ahead .We provide different activities for our students to equip them with holistic education by balancing academics with extracurricular activities and to develop social skills. School clubs let students discover the value of unity, let the students learn from their peers, let the students learn to respect another person’s viewpoint. School clubs provide plenty of opportunities for students to take on leadership roles and show off their talents through club activities.

## SUGGESTIONS

As parents , if you have any feedback or queries , do feel free to drop in your suggestions at [santam@sanacademy.edu.in](mailto:santam@sanacademy.edu.in). Listening to your feedback makes us feel more involved as a part of the value addition process.

Ms. R. Archana ,  
Managing Director.







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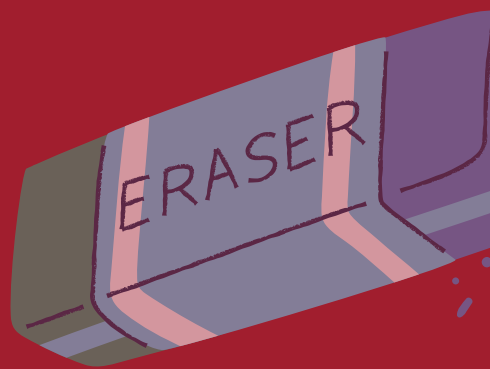
GRADE VI TO VIII

## WHAT IS WELLNESS CLUB?

### WELLNESS CLUB

**Wellness is the act of practicing healthy habits on a daily basis to attain better physical and mental health outcomes so that instead of just surviving, you're thriving.**

**Wellness is an association of students in school for taking care of everything that goes in to prescribing ways and activities for students to possess good overall health (Mental Physical, Emotional and Social). Awareness drives in which students are sensitized towards cleanliness**







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GRADE VI TO VIII

**DAY 1: WEDNESDAY 16.10.2024**

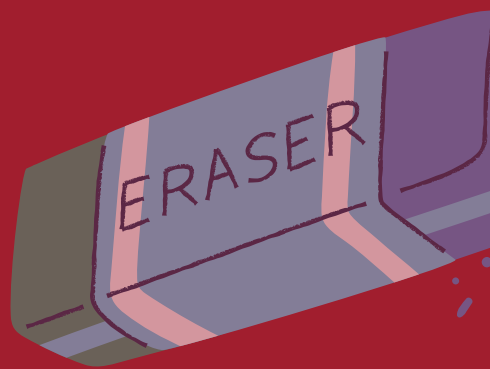
**Aim of the Club:**

**To instill awareness in students on aspects of personal health and overall well-being of an individual. To make students understand the factors that influence health and to promote choices that impact health of people on campus, in society and to the wider community.**



**Vision of the Club:**

**To impress upon our campus and community the importance of overall wellness pertaining to the physical, social and mental well-being of the individual.**







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## DAY 2: WEDNESDAY 23.10.2024

**Teachers guide the students to maintain healthy habits**

**By setting a good example themselves and incorporating discussions about the importance of health and wellness into their lessons, teachers can inspire students to make positive choices for their well-being.**

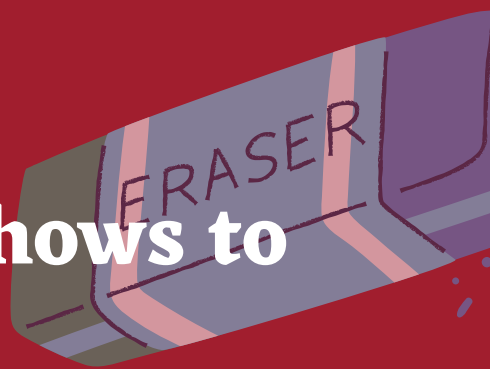
**Encouraging physical activity, proper nutrition, adequate sleep, and stress management are just a few ways teachers can help students develop lifelong habits that support their overall health. By fostering a supportive and encouraging environment, teachers can empower students to prioritize their well-being and lead healthier lives.**



## INTRA COMPETITION

### 30.10.24 WEDNESDAY

**Students can do drawing, speech, showing healthy foods etc it shows to our healthy life. Material required: As per Requirement.**



The judgement criteria for Wellness club

The PERFORMANCES will be judged based on Creativity , Originality , Neatness etc., the judges' decision is final .

