



KALKA PUBLIC SCHOOL

KPS/CR-12th April/2025-2026



"Stay hydrated and energized with regular water breaks!"

Drinking enough water can help prevent dehydration, maintain energy levels, and support overall health. Encouraging kids to drink water regularly can make a big difference in their academic and extracurricular performance.

Though we keep reminding kids to drink water throughout the day, during class, recess, or between activities, but to ensure that students were drinking adequate water, a mandatory water break has been introduced by our revered **Dr Onika Mehrotra** Mam during school hours from 12:30pm to 12:40pm.

Water breaks are essential for staying hydrated, especially during physical activities or in hot weather.

"Take a few minutes to grab a drink and recharge."

