

Sacred Souls' School, Kauriwara

Dear parents

It's not new news that breakfast is the most important meal of the day. A healthy breakfast is your fuel for the day, enhances your energy, and provides your mind and body with the nutrients needed after a night of sleep. For children, there's an added need for breakfast.

So we request u all that your child must eat a proper breakfast before coming to school in the morning.

Thank you

Principal