



Date	Day	EVENT
1.06.2023	THURSDAY	
2.06.2023	FRIDAY	
3.06.2023	SATURDAY	
4.06.2023	SUNDAY	
5.06.2023	MONDAY	WORLD ENVIRONMENT DAY
6.06.2023	TUESDAY	
7.06.2023	WEDNESDAY	
8.06.2023	THURSDAY	
9.06.2023	FRIDAY	
10.06.2023	SATURDAY	SECOND SATURDAY
11.06.2023	SUNDAY	
12.06.2023	MONDAY	
13.06.2023	TUESDAY	
14.06.2023	WEDNESDAY	
15.06.2023	THURSDAY	



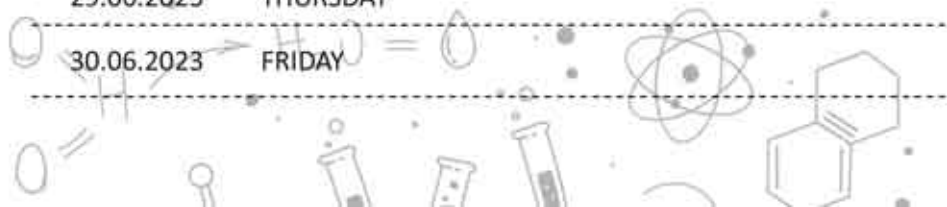
SPINACH

Spinach is a leafy green vegetable and a great source of calcium, vitamins, iron and antioxidants.

Due to its iron and calcium content, spinach is a great addition to any meal or dairy-free diet.

Vitamin K is essential for a healthy body – especially for strong bones, as it improves the absorption of calcium. Spinach also provides a good amount of iron for energy and healthy blood, and a high level of magnesium for muscle and nerve function. It is also rich in antioxidants, Research suggests that spinach leaves may lower blood pressure and benefit heart health.

Date	Day	EVENT
16.06.2023	FRIDAY	
17.06.2023	SATURDAY	
18.06.2023	SUNDAY	
19.06.2023	MONDAY	
20.06.2023	TUESDAY	
21.06.2023	WEDNESDAY	NATIONAL YOGA DAY
22.06.2023	THURSDAY	
23.06.2023	FRIDAY	
24.06.2023	SATURDAY	
25.06.2023	SUNDAY	
26.06.2023	MONDAY	
27.06.2023	TUESDAY	
28.06.2023	WEDNESDAY	ID-UL-FITHAR
29.06.2023	THURSDAY	
30.06.2023	FRIDAY	



Date

Day

EVENT

1.07.2023

SATURDAY

2.07.2023

SUNDAY

3.07.2023

MONDAY

ST. THOMAS DAY- HOLIDAY

4.07.2023

TUESDAY

5.07.2023

WEDNESDAY

6.07.2023

THURSDAY

7.07.2023

FRIDAY

8.07.2023

SATURDAY

SECOND SATURDAY

9.07.2023

SUNDAY

10.07.2023

MONDAY

11.07.2023

TUESDAY

12.07.2023

WEDNESDAY

13.07.2023

THURSDAY

14.07.2023

FRIDAY

15.07.2023

SATURDAY

2. KALE

Kale is a very popular leafy green vegetable with several health benefits. It provides around 7 categories per cup of raw leaves and good amounts of vitamins A, C and K.

Kale may benefit people with high cholesterol.

Kale juice can reduce blood pressure, blood cholesterol and blood sugar levels.

Date	Day	EVENT
16.07.2023	SUNDAY	
17.07.2023	MONDAY	KARKIDAKAVAVU
18.07.2023	TUESDAY	I MID TERM
19.07.2023	WEDNESDAY	I MID TERM
20.07.2023	THURSDAY	I MID TERM
21.07.2023	FRIDAY	I MID TERM
22.07.2023	SATURDAY	
23.07.2023	SUNDAY	
24.07.2023	MONDAY	I MID TERM
25.07.2023	TUESDAY	I MID TERM
26.07.2023	WEDNESDAY	
27.07.2023	THURSDAY	
28.07.2023	FRIDAY	MUHARAM
29.07.2023	SATURDAY	
30.07.2023	SUNDAY	
31.07.2023	MONDAY	

**Date****Day****EVENT**

1.08.2023

TUESDAY

2.08.2023

WEDNESDAY

3.08.2023

THURSDAY

4.08.2023

FRIDAY

5.08.2023

SATURDAY

I PTM

6.08.2023

SUNDAY

7.08.2023

MONDAY

8.08.2023

TUESDAY

9.08.2023

WEDNESDAY

10.08.2023

THURSDAY

YOUTH FESTIVAL

11.08.2023

FRIDAY

YOUTH FESTIVAL

12.08.2023

SATURDAY

SECOND SATURDAY

13.08.2023

SUNDAY

14.08.2023

MONDAY

15.08.2023

TUESDAY

INDEPENDENCE DAY

3. Broccoli

Broccoli is an incredibly healthful vegetable

Each cup of chopped and boiled broccoli contains

- around 31 calories
- the full daily requirement of vitamin K
- twice the daily recommended amount of vitamin C

In broccoli, certain chemicals called indoles and isothiocyanates are found.

These compounds may protect cells from DNA damage, inactivate cancer-causing agents and have anti-inflammatory effects.

Date	Day	EVENT
16.08.2023	WEDNESDAY	
17.08.2023	THURSDAY	
18.08.2023	FRIDAY	
19.08.2023	SATURDAY	
20.08.2023	SUNDAY	
21.08.2023	MONDAY	
22.08.2023	TUESDAY	
23.08.2023	WEDNESDAY	
24.08.2023	THURSDAY	
25.08.2023	FRIDAY	ONAM CELEBRATION, SCHOOL CLOSSES FOR ONAM VACATION
26.08.2023	SATURDAY	
27.08.2023	SUNDAY	
28.08.2023	MONDAY	FIRST ONAM
29.08.2023	TUESDAY	THIRUVONAM
30.08.2023	WEDNESDAY	THIRD ONAM
31.08.2023	THURSDAY	SREE NARAYANA GURU JAYANTHI

**Date****Day****EVENT**

1.09.2023

FRIDAY

2.09.2023

SATURDAY

3.09.2023

SUNDAY

4.09.2023

MONDAY

SCHOOL RE-OEPNS AFTER
ONAM VACATION

5.09.2023

TUESDAY

TEACHERS DAYS

6.09.2023

WEDNESDAY

SREEKRISHNA JAYANTHI

7.09.2023

THURSDAY

8.09.2023

FRIDAY

CROSS COUNTRY

9.09.2023

SATURDAY

SECOND SATURDAY

10.09.2023

SUNDAY

11.09.2023

MONDAY

12.09.2023

TUESDAY

13.09.2023

WEDNESDAY

14.09.2023

THURSDAY

15.09.2023

FRIDAY

PEAS

Peas are sweet, starchy vegetable

Green peas are good source of plant-based protein, which may be especially beneficial for people with vegetarian or vegan diets. Peas and other legumes contain fiber, which supports good bacteria in the gut and helps ensure regular bowel movements and a healthy digestive tract. They are also rich in saponins, plant compounds that may help protect against oxidative stress and cancer.

Date	Day	EVENT
16.09.2023	SATURDAY	
17.09.2023	SUNDAY	
18.09.2023	MONDAY	
19.09.2023	TUESDAY	
20.09.2023	WEDNESDAY	
21.09.2023	THURSDAY	
22.09.2023	FRIDAY	SREENARAYANA GURU SAMADHI
23.09.2023	SATURDAY	
24.09.2023	SUNDAY	
25.09.2023	MONDAY	
26.09.2023	TUESDAY	SPORTS DAY (LKG-IV)
27.09.2023	WEDNESDAY	NABI DINAM
28.09.2023	THURSDAY	SPORTS DAY
29.09.2023	FRIDAY	SPORTS DAY
30.09.2023	SATURDAY	

Date**Day****EVENT**

1.10.2023

SUNDAY

2.10.2023

MONDAY

GANDHI JAYANTHI

3.10.2023

TUESDAY

I TERM EXAMINATION

4.10.2023

WEDNESDAY

5.10.2023

THURSDAY

I TERM EXAMINATION

6.10.2023

FRIDAY

7.10.2023

SATURDAY

8.10.2023

SUNDAY

9.10.2023

MONDAY

I TERM EXAMINATION

10.10.2023

TUESDAY

11.10.2023

WEDNESDAY

I TERM EXAMINATION

12.10.2023

THURSDAY

13.10.2023

FRIDAY

I TERM EXAMINATION

14.10.2023

SATURDAY

SECOND SATURDAY

15.10.2023

SUNDAY

BEETS

Beets and beet juice are great for improving heart health, as the vegetable is rich in heart-healthy nitrates.

Beet juice significantly lowered blood pressure in healthy people.

These vegetables may also benefit people with diabetes. Beets contain an antioxidant called alpha-lipoic acid, which might be helpful for people with diabetes-related nerve problems, called diabetic neuropathy.

One cup of raw beets contains:

- 58.5 calories
- 442 milligrams(mg) of potassium
- 148 micrograms of folate

Date	Day	EVENT
16.10.2023	MONDAY	I TERM EXAMINATION
17.10.2023	TUESDAY	
18.10.2023	WEDNESDAY	
19.10.2023	THURSDAY	
20.10.2023	FRIDAY	
21.10.2023	SATURDAY	
22.10.2023	SUNDAY	
23.10.2023	MONDAY	MAHANAVAMI
24.10.2023	TUESDAY	VIJAYADASAMI
25.10.2023	WEDNESDAY	
26.10.2023	THURSDAY	
27.10.2023	FRIDAY	
28.10.2023	SATURDAY	
29.10.2023	SUNDAY	
30.10.2023	MONDAY	
31.10.2023	TUESDAY	

Date

Day

EVENT

1.11.2023

WEDNESDAY

KERALA PIRAVI

2.11.2023

THURSDAY

3.11.2023

FRIDAY

4.11.2023

SATURDAY

PTM / ON THE SPOT
COMPETITION/EXHIBITION/FOOD FEST

5.11.2023

SUNDAY

6.11.2023

MONDAY

7.11.2023

TUESDAY

8.11.2023

WEDNESDAY

9.11.2023

THURSDAY

10.11.2023

FRIDAY

11.11.2023

SATURDAY

SECOND SATURDAY

12.11.2023

SUNDAY

13.11.2023

MONDAY

14.11.2023

TUESDAY

CHILDRENS DAY

15.11.2023

WEDNESDAY

TOMATOES

Tomatoes contain lycopene, a powerful antioxidant. Lycopene may help prevent prostate cancer, and the beta carotene in tomatoes also helps combat cancer. Other potent antioxidants in tomatoes, such as lutein and zeaxanthin, may protect vision.

Although tomatoes are technically a fruit, most people treat them like vegetables and use them in savory dishes. Each cup of chopped raw tomatoes contains:

- 32 calories
- 427 mg of potassium
- 24.7 mg of vitamin C

Date	Day	EVENT
16.11.2023	THURSDAY	
17.11.2023	FRIDAY	
18.11.2023	SATURDAY	
19.11.2023	SUNDAY	
20.11.2023	MONDAY	
21.11.2023	TUESDAY	
22.11.2023	WEDNESDAY	
23.11.2023	THURSDAY	
24.11.2023	FRIDAY	
25.11.2023	SATURDAY	
26.11.2023	SUNDAY	
27.11.2023	MONDAY	
28.11.2023	TUESDAY	
29.11.2023	WEDNESDAY	
30.11.2023	THURSDAY	



**Date****Day****EVENT**

1.12.2023

FRIDAY

2.12.2023

SATURDAY

3.12.2023

SUNDAY

4.12.2023

MONDAY

5.12.2023

TUESDAY

6.12.2023

WEDNESDAY

7.12.2023

THURSDAY

8.12.2023

FRIDAY

9.12.2023

SATURDAY

SECOND SATURDAY

10.12.2023

SUNDAY

11.12.2023

MONDAY

12.12.2023

TUESDAY

13.12.2023

WEDNESDAY

14.12.2023

THURSDAY

15.12.2023

FRIDAY

BELL PEPPERS



Sweet bell peppers may be red, yellow or orange. Unripe, green bell peppers are also popular, though they taste less sweet.

Antioxidants and bioactive chemicals present in bell peppers include:

- ascorbic acid
- carotenoids
- vitamin C
- beta carotene
- flavonoids, such as quercetin and kaempferol

Date	Day	EVENT
16.12.2023	SATURDAY	
17.12.2023	SUNDAY	
18.12.2023	MONDAY	
19.12.2023	TUESDAY	
20.12.2023	WEDNESDAY	
21.12.2023	THURSDAY	
22.12.2023	FRIDAY	
23.12.2023	SATURDAY	ANNUAL DAY & CHRISTMAS CELEBRATION AND SCHOOL CLOSES FOR VACATION
24.12.2023	SUNDAY	
25.12.2023	MONDAY	CHRISTMAS
26.12.2023	TUESDAY	
27.12.2023	WEDNESDAY	
28.12.2023	THURSDAY	
29.12.2023	FRIDAY	
30.12.2023	SATURDAY	
31.12.2023	SUNDAY	



Date**Day****EVENT**

1.01.2024

MONDAY

2.01.2024

TUESDAY

MANNAM JAYANTHI

3.01.2024

WEDNESDAY

SCHOOL REOPENS AFTER VACATION

4.01.2024

THURSDAY

5.01.2024

FRIDAY

6.01.2024

SATURDAY

7.01.2024

SUNDAY

8.01.2024

MONDAY

9.01.2024

TUESDAY

10.01.2024

WEDNESDAY

11.01.2024

THURSDAY

12.01.2024

FRIDAY

13.01.2024

SATURDAY

SECOND SATURDAYS

14.01.2024

SUNDAY

15.01.2024

MONDAY

2 MID TERM

ASPARAGUS

Asparagus is a very popular vegetable with high nutrient content.

Asparagus is a rich source of vitamin K and a good source of folate and riboflavin. It also contains some magnesium, phosphorus, and vitamin A. asparagus may also have anti-inflammatory and anticancer properties. Additionally, it contains fructooligosaccharides, which provide prebiotic benefits, stimulating the growth of friendly intestinal bacteria.

Asparagus has the following protein content:

- One cup (134 g) of asparagus contains 3 g of protein.
- A 100 g serving of asparagus contains 2.2 g of protein and 20 calories.
- Protein accounts for 44% of its calories

Date	Day	EVENT
16.01.2024	TUESDAY	2 MID TERM
17.01.2024	WEDNESDAY	2 MID TERM
18.01.2024	THURSDAY	2 MID TERM
19.01.2024	FRIDAY	2 MID TERM
20.01.2024	SATURDAY	
21.01.2024	SUNDAY	
22.01.2024	MONDAY	2 MID TERM
23.01.2024	TUESDAY	
24.01.2024	WEDNESDAY	
25.01.2024	THURSDAY	
26.01.2024	FRIDAY	REPUBLIC DAY
27.01.2024	SATURDAY	
28.01.2024	SUNDAY	
29.01.2024	MONDAY	
30.01.2024	TUESDAY	
31.01.2024	WEDNESDAY	



Date

Day

EVENT

1.02.2024

THURSDAY

2.02.2024

FRIDAY

3.02.2024

SATURDAY

PTM MEETING

4.02.2024

SUNDAY

5.02.2024

MONDAY

6.02.2024

TUESDAY

7.02.2024

WEDNESDAY

8.02.2024

THURSDAY

9.02.2024

FRIDAY

10.02.2024

SATURDAY

SECOND SATURDAY

11.02.2024

SUNDAY

12.02.2024

MONDAY

13.02.2024

TUESDAY

14.02.2024

WEDNESDAY

15.02.2024

THURSDAY

MUSTARD GREENS

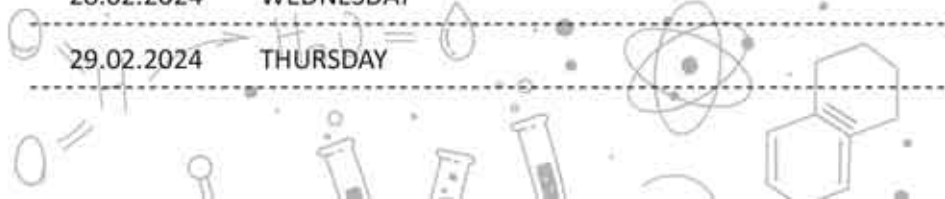
Mustard greens belong to the Brassica family. They are very similar to kale but have a distinct mustard flavour.

One cup also provides 144 mcg of vitamin K, which is more than 100% of a person's daily needs. They are a rich source of vitamin C and contain calcium, potassium, and B vitamins. They are also a good source of vitamin E. Like many other plants, mustard greens contain phenolic compounds that give them antioxidant properties.

Mustard greens have the following protein content.

- One cup (56 g) of chopped mustard greens contains 1.6 g of protein.
- A 100 g serving of mustard greens contains 2.9 g of protein and 27 calories.
- Protein accounts for 42% of their calories

Date	Day	EVENT
16.02.2024	FRIDAY	
17.02.2024	SATURDAY	
18.02.2024	SUNDAY	
19.02.2024	MONDAY	
20.02.2024	TUESDAY	
21.02.2024	WEDNESDAY	
22.02.2024	THURSDAY	
23.02.2024	FRIDAY	
24.02.2024	SATURDAY	
25.02.2024	SUNDAY	
26.02.2024	MONDAY	
27.02.2024	TUESDAY	
28.02.2024	WEDNESDAY	
29.02.2024	THURSDAY	



**Date****Day****EVENT**

1.03.2024

FRIDAY

2.03.2024

SATURDAY

3.03.2024

SUNDAY

4.03.2024

MONDAY

5.03.2024

TUESDAY

6.03.2024

WEDNESDAY

7.03.2024

THURSDAY

8.03.2024

FRIDAY

9.03.2024

SATURDAY

SECOND SATURDAY

10.03.2024

SUNDAY

11.03.2024

MONDAY

12.03.2024

TUESDAY

13.03.2024

WEDNESDAY

14.03.2024

THURSDAY

15.03.2024

FRIDAY

CAULIFLOWER



Like broccoli, cauliflower provides a high amount of protein for the number of calories it delivers.

Cauliflower is a very rich source of vitamin C and a good source of vitamin K. It also contains some calcium, iron, magnesium and phosphorus. Cauliflower contains a high amount of a particular glucosinolate compound called sinigrin, which may have anticancer antioxidant, and anti-inflammatory properties.

Cauliflower has the following protein content:

- One cup (107 g) of cauliflower contains 2 g of protein.
- A 100 g serving of cauliflower contains 1.9 g of protein and 25 calories.
- Protein accounts for 31% of its calories.

Date	Day	EVENT
16.03.2024	SATURDAY	
17.03.2024	SUNDAY	
18.03.2024	MONDAY	
19.03.2024	TUESDAY	
20.03.2024	WEDNESDAY	
21.03.2024	THURSDAY	
22.03.2024	FRIDAY	
23.03.2024	SATURDAY	
24.03.2024	SUNDAY	
25.03.2024	MONDAY	
26.03.2024	TUESDAY	
27.03.2024	WEDNESDAY	
28.03.2024	THURSDAY	
29.03.2024	FRIDAY	
30.03.2024	SATURDAY	
31.03.2024	SUNDAY	

