

## **SAFETY, HEALTH AND WELLNESS**

Dear Parents

I would like to share with you some safety and general tips which we would like you to share with your ward, to keep in mind and follow.

### **Self Awareness**

Be cautious when approached by strangers and avoid sharing personal information.

Don't talk to **strangers**. Do not accept chocolates, gifts or any other items from strangers.

Trust your instincts, recognise good touch & bad touch and seek help if you feel uncomfortable.

Inform a trusted adult or authority figure if you encounter any suspicious activity.

You should learn your parents contact number thoroughly.

Be friendly with your juniors, talk to them, be compassionate .

### **Food Habits**

Eat Healthy food that includes plenty of fruits and vegetables . Don't bring Junk Food (bakery items, chips) during Snack time instead bring fruits ,nuts ,salads or home made food .

### **Playground Safety**

Follow playground rules and use sports equipments properly. Report any damaged or broken equipment to the concerned teacher. Be cautious and considerate during physical sport activities .If you get hurt inform Physical Education Teacher or Teacher in charge .

## **Bullying and Peer Relations:**

Report any incidents of bullying or harassment to your teacher, any other school staff or higher school authority.

Be respectful and kind to your peers.

Be supportive, communication can help prevent conflicts and misunderstandings. Take care of yourself and friends .

## **Personal Belongings:**

Keep personal belongings secure, label with your name note books, text books, water bottle, lunchbox bag, pencil box/pouch ,bag used for carrying skates .....In case you misplace your personal belongings please contact the Class teacher and school office .

Avoid bringing valuable items to school.

Report any lost or stolen items immediately to school authorities.

While travelling to school in school bus or private transportation maintain discipline .If you are walking to school use zebra crossings and follow pedestrian rules .Be aware of your surroundings and be vigilant .Do not speak to strangers.

Be familiar with emergency exit in your school .

## **Personal Hygiene**

Wash hands regularly, especially before meals and after using the restroom. Washrooms have to be used in a proper manner .Be careful while using taps ,or other accessories in the washroom. By turning off the water tap when not in use, like while brushing teeth, while bathing, we can save up to 35%

of water. Let's make it a habit of mindfully consuming water & properly turning the taps off, and encourage others to do the same..

Avoid sharing personal items like water bottles or food.

Inform the school nurse or staff about any allergies or health concerns.

Take care of the school property . Remember your school is your second home .

### **Technology :**

Use technology wisely and for improving your knowledge. Parents should see to that your ward doesn't use mobile for long hours , watch or play movies not suitable for their age ,avoid playing games that creates a negative impact on the behaviour of the child .

Children improve your reading habits,issue books from school library .Reading will help you improve your vocabulary and writing skills . Read books which will help in increasing your General Knowledge .May a habit of reading newspaper daily or update daily news from your parents or radio.

Adopt the **Habit of Reading English Books**. Participate more in Classroom activities. There's nothing wrong with answering incorrect answers with poor grammar. Class participation will not only improve your English speaking and grammar skills, but also helps boosting your confidence.

Communicate in English Specifically when in school .

Besides class participation, communicate with all your friends and classmates in English to improve your speaking skills.

Having a conversation frequently is an excellent way to practice a language. It might feel scary at first, but these communications are the most remarkable means to boost your grades in the course. The more you speak, the better you become.

### **Communication with Parents/Guardians:**

Keep parents or guardians informed about your activities and whereabouts.

Share any concerns or issues with them promptly.

### **Positive Behaviour and Mindset:**

Foster a positive attitude toward learning and respect for others. Encourage a culture of inclusivity, tolerance, and cooperation. Strive for personal growth and academic success.

These safety tips provide a foundation for students to navigate their daily lives with awareness and caution. It's essential for students to proactively adopt safe behaviour and cultivate a sense of responsibility for their well-being.

Principal

Please refer the food table attached

**Table 1: A Daily Food Guide For Students**

Food Group	Food Stuff
<p>1) <b>Body building food group</b></p> <ul style="list-style-type: none"> <li>• milk and milk products</li> <li>• meat and eggs</li> </ul>	<p>★ full cream, curd, milk powder, ice cream etc.</p>
<p>2) <b>Preventive fruits and vegetable group</b></p> <ul style="list-style-type: none"> <li>• yellow and orange fruits and green leafy vegetables</li> <li>• Vitamin - C food groups bottle gourd, tomato etc.</li> </ul>	<p>★ all green leafy vegetables: cabbage, upper layer of onion, carrot, orange, mango, papaya,</p> <p>★ Citrus fruits like amla, lemon guava, orange, grapes, vegetables</p>
<p>3) <b>Other fruits and vegetables</b></p>	<p>★ brinjal, beans, potato, cucumber, banana, melon, apple etc.</p>
<p>4) <b>Cereals</b></p>	<p>★ wheat, rice, millets, ragi, corns, etc.</p>
<p>5) <b>Fats and oils</b></p>	<p>★ all the oils like groundnut, mustard, til, sunflower, corn, soya, pure ghee, butter vanaspati oil etc...</p>
<p>6) <b>Sugar and gur</b></p>	<p>★ all sugar</p>