

**SATYA/ADMN/CIR/2025-26/133**

**December 28, 2025**

Dear Parent,

Namaste!

As part of our continued focus on student well-being, we would like to highlight the importance of maintaining good personal hygiene and self-care habits. These practices play a crucial role in keeping children healthy, confident, and ready to learn.

We request your support in reinforcing the following hygiene practices at home:

1. Personal cleanliness: Daily bathing and wearing clean clothes help prevent infections and promote overall well-being.
2. Hair care: Regular washing of hair is essential. For girls, please ensure that hair is completely dried before tying it, as tying damp hair can lead to scalp issues and lice infestation.
3. Lice prevention: We request parents to regularly check their child's scalp for lice and take prompt treatment if required. Early detection and care help prevent further spread.
4. Nail hygiene: Nails should be kept short, clean, and neatly trimmed to prevent the spread of germs.
5. Hand hygiene: Children should be encouraged to wash their hands thoroughly with soap and water before and after meals, after using the washroom, and after outdoor play.

Developing these habits early fosters independence, responsibility, and lifelong healthy practices.

We truly appreciate your cooperation in ensuring that children come to school clean, well-groomed, and ready for the day.

Thank you for your continued support in nurturing the health and well-being of our students.

Warm regards



**Manisha Malhotra**  
**Director Principal**