

SATYA/ADMN/CIR/2026-27/062

August 22, 2026

Dear Parent,

Namaste!

The monsoon season brings cooler weather but can also increase the risk of infections and illnesses such as colds, flu, dengue, malaria, and stomach infections. We encourage all students and families to take a few simple precautions to stay healthy and safe during the season.

Personal Hygiene

- Wash hands frequently with soap and water, especially before eating and after using the washroom.
- Keep nails short and clean.
- Avoid touching your face, eyes, and mouth with unwashed hands.

Food and Water Safety

- Drink clean, filtered, or boiled water.
- Carry a water bottle and stay adequately hydrated.
- Avoid street food and uncovered food items, particularly during the monsoon.
- Consume freshly prepared, nutritious meals and properly washed seasonal fruits.

Protection from Mosquitoes

- Students are advised to wear the prescribed school uniform comprising a full-sleeved school shirt/ T-shirt with full-length school pants/trousers during the monsoon season.
- Wearing shorts or skirts during the monsoon season is not recommended.
- Use mosquito patches or gel/ spray when coming to school or going to park.
- Ensure that water does not stagnate in containers, flowerpots, coolers, or other areas in and around the house.

Clothing and Cleanliness

- Change out of wet clothes and shoes as soon as possible.
- Keep uniforms, socks, and footwear clean and dry.
- Carry an extra pair of socks if needed during heavy rain.
- Avoid remaining in wet clothing or footwear for prolonged periods.

Preventing Illness

- Cover your mouth and nose while coughing or sneezing.
- Students having fever, soar throat or any other illness are advised to stay home and take proper medication prescribed by the doctor and take ample rest.
- Students experiencing a mild cold, cough, or fever who are attending school are advised to wear a mask to minimize the risk of spreading infection to others.
- Use a tissue or your elbow and dispose of tissues properly.

- Avoid sharing water bottles, handkerchiefs, or personal items.
- Get adequate sleep and stay physically active.

When to Seek Medical Help

- Inform your parents, teacher, or school nurse if you experience:
- Fever
- Persistent cough or cold
- Vomiting or diarrhea
- Skin rashes
- Severe headache or body aches

Rain Safety

- Do not walk or play in flooded water.
- Be careful on slippery floors and staircases.
- Follow school safety instructions during heavy rainfall.

School Safety Measures

- As part of our preventive measures, the school premises are fumigated twice a week after students have left the school, with a focus on maintaining a safe and hygienic environment.
- Regular pest control measures are also undertaken to maintain a clean, hygienic, and safe school environment.
- Students are encouraged to cooperate with all health and hygiene measures implemented by the school.

Healthy Habits During Monsoon = Happy Learning and Safe School Days!

Warm regards

Manisha Malhotra
Director Principal