



HVM CONVENT SR. SEC. SCHOOL

Affiliated to C.B.S.E. New Delhi (Affiliation No. 1630652 School Code 20632)

KARAMSAR COLONY, NEW SUBHASH NAGAR, BASTI JODHEWAL, LUDHIANA, PUNJAB.

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Dear Students & Parents

With the change of seasons and an increase in viral infections, we kindly ask all parents to follow the health advisory guidelines. If your child experiences symptoms such as a cough, cold, fever, or flu, please ensure that the child should stay at home and take proper rest and good food.

In order to maintain a safe and healthy environment for everyone, we kindly request that you observe the following essential health and hygiene guidelines:

Health & Hygiene Guidelines for Parents and Students:

1. Ensure your child gets sufficient rest and follows a balanced diet to strengthen their immune system and promote overall health.
2. Teach your child the importance of regular hand washing and the proper use of hand sanitizers, and remind them frequently to practice these habits.
3. Encourage good respiratory hygiene by teaching your child to cover their mouth and nose with a tissue or their elbow when coughing or sneezing.
4. Dispose of used tissues immediately and properly to avoid contamination.
5. If your child is showing any symptoms of viral infection, maintain a safe distance from others.
6. Wearing an appropriate mask is crucial when any signs of illness are present.
7. Ensure your child stays well-hydrated, especially if they are participating in sports or physical activities.
8. Be creative with hydration! Offer alternatives like coconut water, lemon water, buttermilk, or fresh fruit juices, as children may not always express thirst.
9. Avoid letting your child consume street food or outdoor drinks, particularly those containing ice, as they may lead to stomach infections such as diarrhea or dysentery. Encourage them to carry their own water or healthy beverages to school.
10. If your child is unwell or has a high fever, please keep them home to rest and seek advice from a healthcare professional for appropriate care.

We sincerely appreciate your cooperation in maintaining a healthy and supportive learning environment. Together, let's work to ensure a safe and successful school year for all.

Principal