

## **HEALTH AND WELLNESS CLUB** **FIGHT POLLUTION! NOT WAR!!**



Dear Parents,

The skies over the Noida city have been smoky grey, post Diwali as the sun is struggling to shine through the haze with the air quality beyond the **"severe+emergency"** category in the city and the adjoining areas. An Air Quality Index (AQI) between 401-500 falls in the "severe" category and anything beyond that is "severe-plus emergency". The AQI takes into account five chief pollutants, including the PM10 and PM2.5. Higher the AQI value, greater the health concern. According to the Central Pollution Control Board, the air quality index was 1650 at 11 am on 03 Nov, 2019 and I would like to sensitize the students and their parents about the worrisome air quality situation prevailing in and across Noida.

Outdoor activities and exposure in the polluted atmosphere could have long-term detrimental effects. As per doctors advice, all people specially young children must take the following precautions, at the very least.

**Wear face masks** - Masks known as **N95 or P-100** respirators may only help if you go out, Do not rely on dust masks for protection. It is strictly for personal use.

**Avoid all outdoor physical activity** - Do not go for early morning and late evening walks as the concentration of pollutants is highest during this period.

**Be Careful** - Stop any activity level if you experience any unusual coughing, chest discomfort, wheezing, breathing difficulty or fatigue, consult a doctor. If the room has windows, close them.

In school, appropriate precautions are taken as per the established safety protocol.

We have shifted the venue of morning assembly indoors. All Morning and Afternoon Sports, PE and team practices are withheld w.e.f. 01 Nov, 2019 considering the potential hazards of outdoor activities and the surrounding environment. Also, please note that **Children with special needs and students with medical or respiratory issues are allowed to be on medical leave.**

We advise parents to send their wards wearing masks so whenever they are outdoors they have limited exposure to toxic air."

**BE THE SOLUTION..... NOT THE POLLUTION!!**

*Asha Prabhakar*

Asha Prabhakar  
(Principal)

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