Circular No.81/2022-23   Date: 05 Nov, 2022

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 struggles 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". Higher the AQI value, greater is the health concern.

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 doctor's advice, all people especially young children must take the following precautions, at the very least.

Wear face masks - Masks known as N95 or P-100 respirators only help if you go out, Do not rely on dust masks for protection.

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 if you experience any unusual coughing, chest discomfort, wheezing, breathing difficulty, or fatigue and consult a doctor.

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 conducted indoors considering the potential hazards of outdoor activities and the surrounding environment. Please note that Children with special needs and students with medical or respiratory issues are allowed to be on excused 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
(Principal)

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एक कदम स्वच्छता की ओर

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