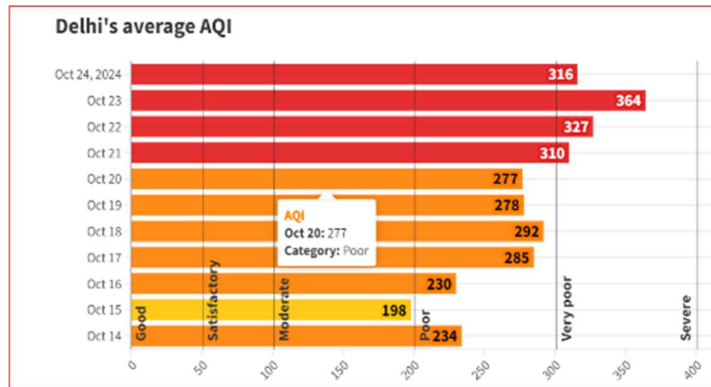


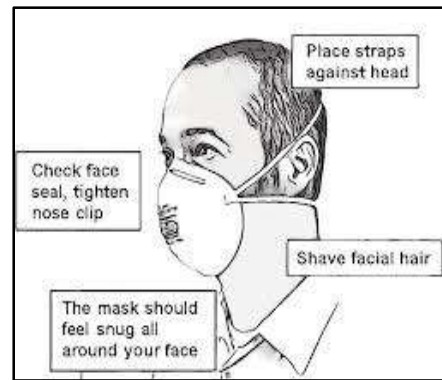
Dear Parents,

The skies over the Noida city have been smoky grey, While in Delhi the AQI level was recorded at 874, it exceeded 999 in Noida, whereas in Ghaziabad the AQI level reached 767 mark on 26 October 2024. Air quality index in Greater Noida was recorded at 438, while it was 516 in Gurugram.

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.



- 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 and consult a doctor. If the room has windows, close them.
- Hydrate frequently and Ensure Healthy diet rich in Antioxidants – Choose nutritious diet rich in fruits, nuts, whole grains and vegetables to boost immunity.
- Embrace Eco friendly Practices and Observe Harit Diwali – Refrain from the use of Firecrackers.



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 being conducted considering the potential hazards of outdoor activities and the surrounding environment.
- Further 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." Join hands with us by discussing environmental issues at home, encourage participation in eco friendly initiatives, Say No to Crackers and Help create a healthier future for our children and the planet.

I wish you and your family a safe and joyful festive season.

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



Asha Prabhakar
(Principal)

Distribution

- Staff/HM's/VPL/A.O/BC Groups
- Website

