



HEALTH AND WELLNESS CLUB

"AIR POLLUTION IS A SILENT KILLER. : ACT NOW!"

Dear Parents,

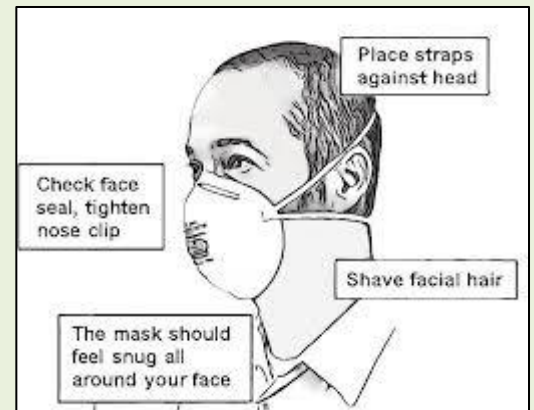
The air quality in Delhi-NCR has deteriorated to a 'severe' level for the first time this season, with the Air Quality Index (AQI) reaching 418 on Wednesday, November 13, 2024. Forecasts suggest that these conditions could worsen in the coming days.

To safeguard the health of our students and the community, we recommend the following guidelines:



Guidelines for Students and Parents:

- Please wear N95 or P-100 masks when stepping out of the house. Note that regular dust masks do not provide adequate protection.
- Avoid Outdoor Physical Activities, refrain from early morning or late evening walks, as pollution levels are typically highest during these times.
- Monitor your health regularly, discontinue any physical activity if you experience unusual coughing, chest discomfort, wheezing, breathing difficulties, or fatigue. Seek medical attention if needed.
- Keep doors and windows closed to minimize indoor pollution.
- Stay Hydrated & Eat a Nutritious Diet, consume a diet rich in antioxidants, including fruits, nuts, whole grains, and vegetables, to boost immunity. Ensure adequate hydration.



Measures Implemented at School:

- To reduce outdoor exposure, all morning assemblies are being conducted indoors.
- Outdoor activities including PHE activities have been suspended.
- The school grounds are being regularly sprayed with water to minimize dust in the environment.
- Children with special needs, those with existing medical / respiratory conditions are permitted to take excused leave during this period.

Additional Recommendations for Parents:

- Please ensure your child wears a mask while commuting and any outdoor activities to limit exposure to polluted air.
- Encourage discussions about environmental issues at home and support your children in adopting eco-friendly practices.
- Promote sustainable commuting, such as carpooling, public transport, or walking, to help reduce pollution levels.

Together, let us work towards ensuring the health and safety of our children while contributing to a cleaner and healthier environment.

EVERY BREATH MATTERS, STOP AIR POLLUTION SAVE LIVES!!

Asha Prabhakar

Asha Prabhakar
(Principal)

Distribution

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WE STAND COMMITTED TO SDGs

