

# GD GOENKA PUBLIC SCHOOL SECTOR-10A, GURUGRAM

(Under the aegis of GD Goenka group, New Delhi)

## Health & Safety Guidelines for Students

Dear Parents,

The health and safety of our students remain our utmost priority. To ensure a secure and supportive environment, we request your cooperation in following these essential guidelines:

### 1. General Health & Hygiene

- Ensure your child maintains personal hygiene, including regular handwashing, bathing, and clean nails.
- Students must wear clean, well-ironed uniforms and polished shoes daily.

• Encourage healthy eating habits by providing nutritious, home-cooked meals in their tiffin. Junk food, carbonated drinks, and packaged snacks should be avoided.

• Children must carry a clean handkerchief or tissue and cover their mouth while sneezing or coughing.

• Parents are advised to conduct regular medical check-ups, including vision and dental check-ups.

• If your child has any contagious illness (fever, flu, chickenpox, etc.), please keep them at home until they recover completely and submit a medical fitness certificate before resuming school.

• Any prescribed medication should be taken under the supervision of the school infirmary. Self-medication is strictly prohibited.

#### 2. Medical & Emergency Protocols

• Kindly update the school regarding any medical conditions, allergies, or specific health concerns.

• In case of any medical emergency, the school infirmary will provide immediate first aid, and parents will be informed promptly.

• Unwell child should not attend the school.

#### 3. School Transport & Road Safety

• Parents using school transport must ensure their child boards the designated bus safely and follows bus safety rules.

• Students should wear seat belts (if applicable) and remain seated throughout the journey.

• If picking up/dropping off your child personally, please adhere to traffic guidelines around the school premises to avoid congestion and ensure safety.

#### 4. Security & Campus Safety

- All students must wear their ID cards at all times while in school.
- Parents/guardians should carry their ID cards for verification during school visits.
- Visitors are allowed entry only after security clearance.

#### **5.** Physical Activities & Outdoor Safety

- Students must wear proper sports attire during physical education sessions.
- In case of any injury, teachers and medical staff will provide immediate assistance.
- Encourage children to follow safety rules during outdoor activities and playground time.

By working together, we can create a safe and nurturing environment for our children. We appreciate your cooperation and look forward to a fruitful academic year ahead.

For any concerns or queries, please feel free to reach out to us.

Warm Regards Ms. Priyaa Chauhan <u>Principal</u>