



ST. MARY'S SCHOOL

231/A Knowledge Park -5 Greater Noida

Circular No: SMS/GN/Nur-X/-118

Date: 28.7.2026

Subject: Advisory on Monsoon Safety, Health, and Personal Hygiene

Dear Parents,

Greetings!

As the rainy season is here, it brings pleasant weather along with an increased risk of seasonal illnesses like colds, viral fevers, stomach infections, and mosquito-borne diseases.

The health and well-being of our students remains our top priority. To ensure an uninterrupted and safe learning environment, we request parents to guide children regarding health and hygiene and follow these guidelines at home too:

1. **Personal and Hand Hygiene:** Encourage your child to take shower every day, wash hands with soap and water before meals and after using the restroom. Ensure to send them in full sleeves shirt/full pants and apply mosquito repellent lotion/patches to avoid mosquito bites.
2. **Nail & Skin Care:** Keep fingernails trimmed short to prevent dirt and bacteria accumulation.
3. **Eye Care:** Advise children not to rub their eyes with unwashed hands to prevent conjunctivitis and eye infections. They should carry neat handkerchief daily.
4. **Water & Hydration:** Send a clean, refilled water bottle daily. Encourage them to stay hydrated.
5. **Healthy Meals:** Pack freshly prepared meals in snack/lunchboxes. Avoid packing raw salads, cut fruits, or stale food. Also, strictly discourage children from consuming unhygienic outside food or drinks.

Health Advisory: If your child shows symptoms of cold, cough, fever, or stomach discomfort, please keep them at home to rest and consult a doctor. Kindly notify the class teacher accordingly.

Thank you for your continuous support and cooperation in maintaining a safe and healthy school community!

Warm Regards

Principal

St. Mary's school