

TATA DAV PUBLIC SCHOOL , WBC (TISCO) ,GHATOTAND

Dear Parents,

The outbreak of Corona Virus Disease(COVID 19) has been declared a Public Health Emergency Concern and the virus has now spread to many countries including India.The protection of children and educational facilities is of utmost importance in this context.Today's children are tomorrow's citizens,powerful agents of change and the next generation caregivers,doctors,scientists etc..Any such crisis presents the opportunity to help them learn and cultivate compassion and increase resilience.

Through this text we provide practical and safer guidance to parents and students to prevent COVID 19 as 'PREVENTION IS ALWAYS BETTER THAN CURE'.Having information and facts will help students to diminish fears and anxieties and support them to cope up with any secondary impacts in their lives.

Since in India statistical data of COVID 19 Case has reached to about 2000 which is likely to increase we request you to follow following measures:

1. **Social Distancing**:Maintain at least 1m distance with people when you go out in exigency.
2. **Don't allow children to go out** for anything.
3. **Avoid Public Functions** like wedding functions etc.
4. **Use mask** whenever you go out, don't touch your eyes, face,mouth frequently with hands.
5. **Use hanky/tissue Paper** whenever you sneeze as it is a droplet infection.
6. **Wash your hands frequently** with medicated soaps/ handwash.
7. **Take bath with medicated soap** after coming from outside and wash your cloth immediately.
8. **Wash your vegetables and fruits with salt added lukewarm water** before storing them in fridge/kitchen shelves.
9. Any grocery(especially packed in polythene bags) brought from market should be **left for 72 hrs** unused and untouched as it kills the virus.
10. **Eat nutritious food to strengthen your immunity** and drink plenty of water.
11. Don't share your cups, eating utensils with anyone in the office.
12. **If you feel sick do visit a doctor** rather than treating yourself.
13. Share this information with others and the most important is **don't be panic**.

Tata DAV Public School,WBC has started **digital classes** to heal this lockdown period where classroom teaching is practically impossible. We have formed **whatsapp group classwise and sectionwise** where we are providing **e-books and studying materials in between 8:00am to 1:00 pm alongwith daily assignments** so that students can engage themselves in day to day work.

We have also started online teaching through **Google classroom and Tata ClassEdge**.

Staying at home 24x7 is a trauma like situation for children and they may suffer from stress so we have started **digital classes of Yoga, Meditation and Aerobics alongwith music and drawing cum painting classes**.

Children are precious and we care for them. Stay inside to stay fit.

May the Almighty God give us the power to heal and fight against this pandemic.