



Bal Bharati PUBLIC SCHOOL M A N E S A R

Circular No- BBPSMN/2019/17

Date: 02.11.2019

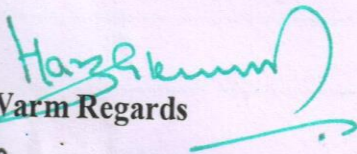
Dear Parent,

Greetings!

We at Bal Bharati Public School, Manesar are committed towards good health, sanitation and clean environment. Weather and smog conditions have over again played havoc in Delhi NCR region. To ensure that our children are kept safe from all these problems following precautionary measures should be taken:

1. All students should wear a mask to school (if deemed fit by the parents), which will be compulsory to wear for all outdoor activities too. This shall prevent them from getting exposed to the polluted air.
2. Many experts and doctors have suggested staying indoor during this crucial time.
3. Keep your child hydrated. Having herbal tea including Ginger and Tulsi is extremely beneficial to the body.
4. Strengthen your child's immunity by offering nutritious, wholesome meals.
5. Consume Vitamin C, Omega Fatty acids, and magnesium-rich foods in order to stay healthy like Walnuts, Cashew and Jaggery
6. Add some drops of eucalyptus oil and give steam to your child in the evening.
7. Go green. Plant more trees

We would appreciate your cooperation for the same.


Warm Regards

PRINCIPAL
BBPS Manesar

