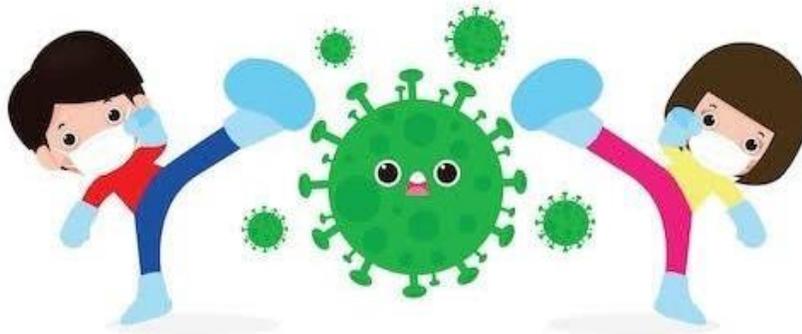




ARMY PUBLIC SCHOOL,UMROI MIL STN

A SMART SCHOOL LIFE TO PREVENT COVID- 19



SAFETY FIRST

**BE CAREFUL
BE AWARE
BE SAFE**

BEFORE COMING TO SCHOOL –

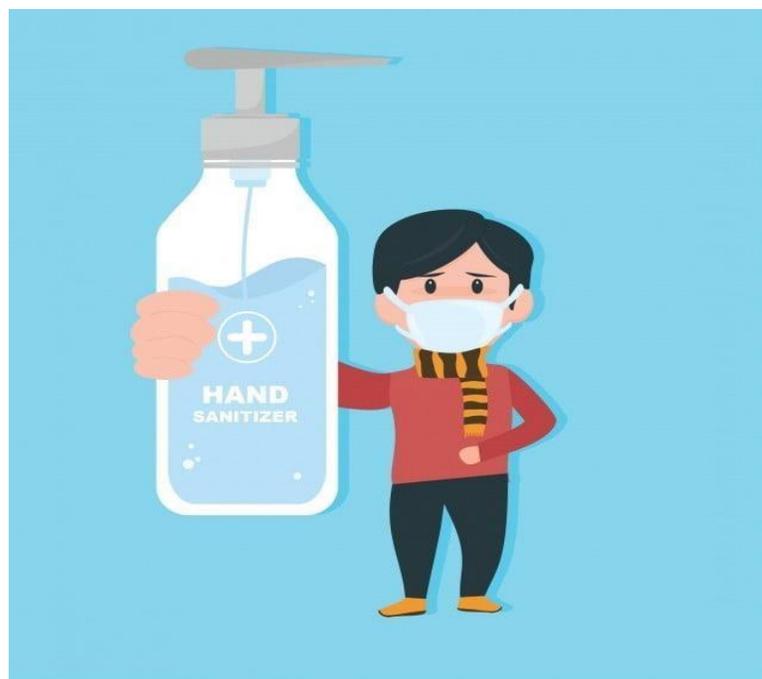
- Eat breakfast like a king and queen –



- Do not forget to wear and carry one extra mask –
- You may also wear gloves.



- Always carry a alcohol based Hand Sanitizer with you–

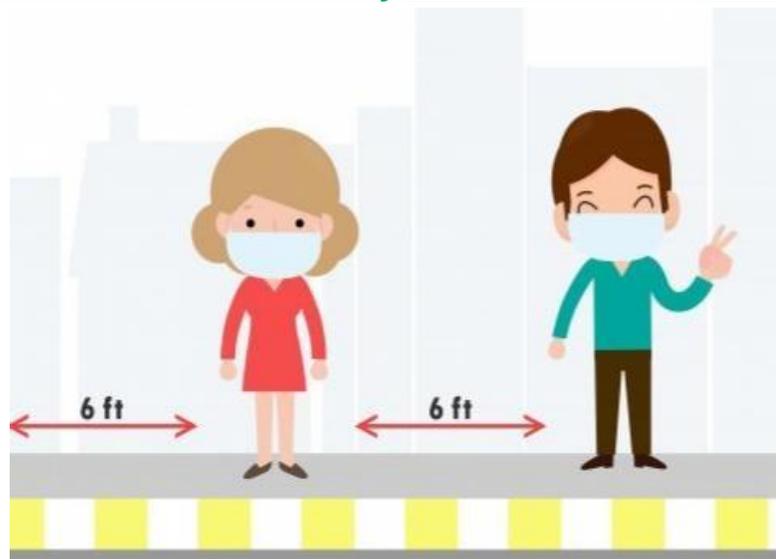


- Change, wash and wear your clean uniform and inner wear every day –

**TAKE CARE OF
YOUR BODY.
IT'S THE ONLY
PLACE YOU HAVE
TO LIVE IN.**

**THINGS TO MAINTAIN WHEN YOU ARE IN SCHOOL
BUS –**

- Maintain social distance, when you wait for the bus to arrive –



- Follow no-touch greeting for no germs contracted. Prefer “Namaste” or hand waving over handshake –



- Remember social distancing is very important when you are in the bus –



- Do not move here and there. Stay in your seat –



- Things to remember and follow after you reach the arrival point to come to school –
 - Do not create a commotion and hustle-bustle, pulling and pushing your friends to come out of the bus.
 - Wait for your turn and line up accordingly.
 - Walk in a straight line and walk slowly as you come down to school. Do not run.
 - Do not walk in groups. Do not forget to maintain your social distancing.



At the end of the day, the goals are simple: safety and security.

JODI RELL

- Be responsible for your actions –



***Be Safe**



***Be Respectful**

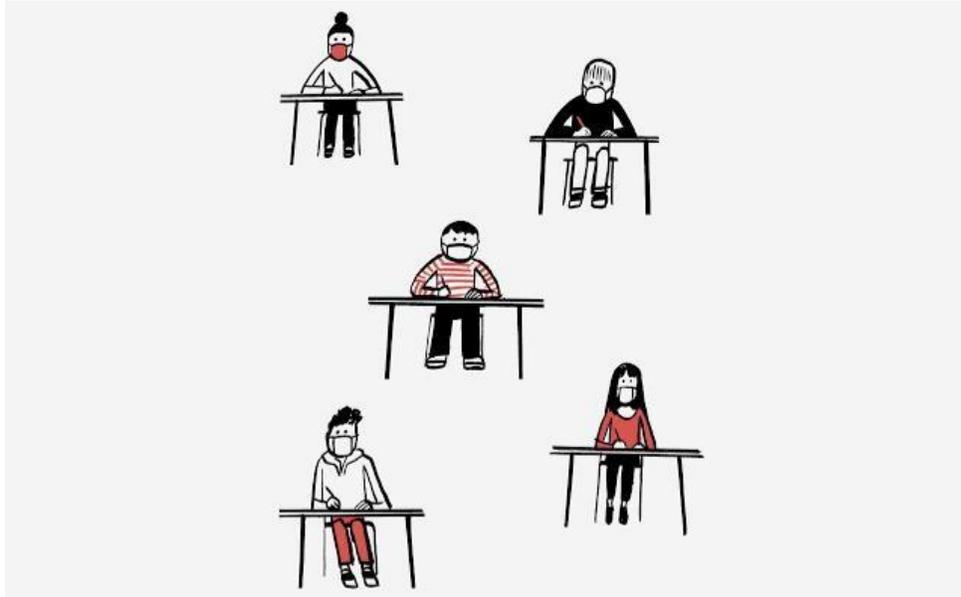


***Be Responsible**

- Please follow and remember all the above mentioned points and maintain them, after the school gets over return back home safely in the school bus. Be responsible and keep yourself safe.

PRECAUTIONS TO FOLLOW IN SCHOOL – “Protect yourself and others.”

- Always wear a mask during classes and breaks–



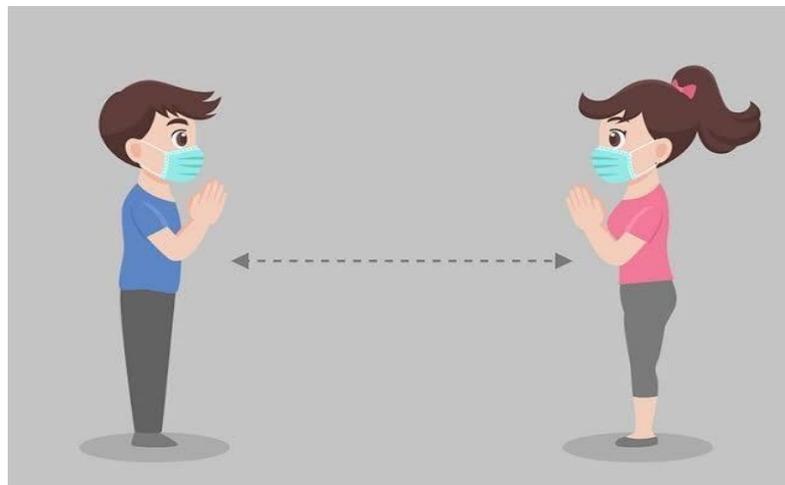
- Clean your own desk regularly. Do not forget to wash or sanitize your hands after cleaning.



- Wash your hands often –
 - Do not forget to wash your hands or use hand sanitizers after you go to the toilet.



- Avoid physical contact, such as holding hands, hugging your friends as mentioned above –



- Cover your mouth and nose when coughing or sneezing-



- Do not let others use your personal belongings like-



- Do not carry your hand sanitizer's while going to the science lab –



- Do not tease or bully your friends or anyone about being sick (or if someone is just suffering from common flu). Remember that the virus does not follow geographical boundaries, ethnicities, age or gender.



- **Be considerate to your friends during lunchtime –**
 - **Sit with double arm's length apart with your friends when eating your lunch.**
 - **Wash or sanitize your hands properly.**
 - **Take off your mask right before eating your meal and put it back on immediately after.**
 - **Do not share food or drinks with your friends. Eat your own meals and drink water from your own water bottles.**
 - **Do not talk while eating.**

Social Distancing



- If you are feeling ill and want to share anything, tell your teacher –



AFTER GOING BACK HOME –

- Do not forget to wash your hands and feet.
- Wash your clothes or dry it outside.
- Wash your masks, if you were wearing cloth masks for the day.

**be well,
be safe.**

WE CAN GET THROUGH THIS 

GUIDELINES FOR PARENTS/ GUARDIANS

Parents should carry out their responsibilities as educator in instilling their children respect and strict obedience for prevention of COVID-19.

1. Parents must check that the child wears mask and carries one additional mask in his or her bag regularly.
2. It is mandatory for the child to carry an alcohol based sanitizer and a pair of gloves.
3. Students must wear the uniform as per the schedule:

MONDAY	School Uniform
TUESDAY	School Uniform
WEDNESDAY	Track Suit
THURSDAY	School Uniform
FRIDAY	House Dress
SATURDAY	School Uniform

NOTE – Parents are requested to send their ward in neat and clean uniform.

4. **LUNCH –**
 - a. Lunch must include nutritious, cooked and packed food.
 - b. Avoid canteen food and junk food (like noodles, chips, momo, mimi etc) and packet food.
 - c. Children should not forget to carry their own water bottles.
5. Parents are requested to inform and not to send their child to school if they are suffering from any flu/illness.
6. It is mandatory for everyone to download and use the **Arogya Setu Application.**