

DAV PUBLIC SCHOOL
BRS NAGAR, LUDHIANA

“Revising Accountabilities for Renewing Times” - An Advisory

Dear Parents

Namaskar

We are pleased to inform you that we are welcoming our students back on campus. As we are prepared and all set to get back to our routine steadily, we want you to assist us in preparing our students mentally, emotionally and psychosocially to return to the new normal. This is going to be a big transition as the new norms have to be adhered. We would like you to go through these guidelines and open up a positive communication with your ward, that will help you assess their excitement or inhibition to get back on campus.

- **Start conversation regarding reopening of school:** Your wards might have worries about the coronavirus restriction in school, talk to them calmly about some of the changes they may have at school, such as the need to wear masks and keep a distance from their friends and teachers in the school premises. Reassure them that these safety measures are in place to keep everyone safe and healthy.
- **Encourage your child to follow precautions at school:** Cough and sneeze into a tissue or your elbow and avoid touching your face, eyes, mouth and nose. Teach them the importance of throwing away used tissues immediately after sneezing or coughing. Advise them to sanitize their hands frequently.
- **Deal with Separation Anxiety among kids:** Children may show separation anxiety as crying and being clingier when you leave your child (even for a short period of time) or when they are faced with new situations. It happens most between the ages of 6 months and 3 years and is a common part of your child’s development. The stress and uncertainty of the COVID-19 pandemic mean that such behaviours may sometimes be seen in older children as well. To make the separation less difficult for your child, listen to them, keep calm and have a leaving plan.
- **Monitor your child’s health:** Don’t send your wards to school if they are ill. Build the immune system stronger by encouraging your child to eat a balanced diet, get enough sleep, and exercise regularly; this will help them develop a robust immune system to fight off illness.

- **Develop a Sleep routine among kids:** Sleep is very important for your child’s mental health and wellbeing, as well as for their development. Try and help your child build a healthy sleep routine which they can maintain while attending school. Avoid screen time when they wake up and at least an hour before they go to bed. Develop a routine and stick to it.
- **Demonstrate deep breathing:** Deep breathing is a valuable tool for calming the nervous system. Do deep breathing exercises with your children to keep them calm.
- **Make yourself available to your kids, as much as possible:** Children may want to come and “debrief” you. Ask them questions like: what have they enjoyed about being back? Any worries or challenges? As your child returns to school you should keep an eye on their physical health, learning, emotions and behaviour.
- **Look out for these signs of stress and anxiety to gauge if your child needs extra support from you:** Sadness, anger, agitation, fatigue, and confusion. Screen their interest in playing with other children or completing their homework. Keep in check your child’s sleeping and eating patterns.

We appreciate your partnership in all aspects and thank you for supporting us through thick and thin. For any assistance reading mental care, please get in touch with

Mrs. Kamaldeep Kaur	(Psychology teacher)	at	9872306029
Ms. HarshVardan Chahal	(School Counsellor)	at	6239648645

With Warm Regards

Educationally yours

JK Sidhu
Principal