



INDIAN SCHOOL JALAN

P O Box No: 45, P Code: 416, Jalan Bani Bu Ali, Sultanate of Oman

Website: www.indianschooljalan.com

CIRCULAR TO PARENTS (Balvatika - XI)

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Date: 18 November 2025

✦ *"An ounce of prevention is worth a pound of cure."* – Benjamin Franklin ✦

Dear Parents,

Greetings from the HSE Team of Indian School Jalan!

The HSE Team strives to uphold the highest standards of Health, Safety, and Environmental care for all our students. To maintain a secure, safe, and healthy school environment, we request the cooperation of all parents in following the important points outlined below.

Your support helps prevent illness, promote healthy habits, and ensure that every child learns in a safe, healthy, and nurturing atmosphere. Together, let's build a school community where health, safety, hygiene, and environmental responsibility are part of everyday practice. 🌱 ❤️

HEALTH AND SAFETY GUIDELINES

1. Health and Well-being 🧡

The health, safety, and well-being of our students are our top priority. It has been observed that many children have been falling ill due to the changing weather conditions. As a precaution, we kindly request you to follow the guidelines below.

- ✓ If your child shows any symptoms of illness, kindly refrain from sending him or her to school.
- ✓ In the above case, let the child take adequate rest and return to school only after complete recovery. You may submit a leave letter along with a medical certificate.
- ✓ If your child is affected by any contagious illness, such as chickenpox, measles, or mumps, he or she may return to school only after complete recovery. A medical fitness certificate must be submitted for the child to resume regular classes.

2. Personal Hygiene ✨

Good hygiene keeps children safe, fresh, and ready to learn every day. Please remind your child to follow basic hygiene habits such as regular bathing, brushing their teeth, washing their hands, wearing clean clothes, and using a handkerchief when sneezing to help them stay healthy.

3. Healthy Eating 🍎 🥗

Nutritious food plays a key role in boosting energy, concentration, and overall well-being. Please keep the following in mind:

- ✓ Ensure your child carries a nutritious and balanced breakfast to school.
- ✗ Avoid junk food and soft drinks.

4. Winter Uniform ❄️

As temperature drops down, students may wear the navy-blue sweater approved by the school.

- ✗ Sweaters with patterns or in other colours are not permitted to wear.



5. Water Bottles

Drinking enough water keeps the body hydrated, helps concentration, and supports overall health.

- ✗ Please avoid sending *disposable plastic bottles*.
- ✓ Provide a reusable water bottle instead. This helps protect both health and the environment

6. Mental Wellness ❤️

Supporting children's mental wellness at home helps them feel safe, confident, and happy, and encourages positive habits for learning and growth.

Tips to follow:

- 🌸 Encourage open communication — listen to your child's thoughts and feelings.
- 😴 Ensure adequate sleep and a balanced routine.
- 👨👩👦 Promote offline hobbies and family interactions.

- 🚫 Managing screen time is an important part of mental wellness, as it affects sleep, attention, and overall well-being. Set limits on screen time and encourage breaks from devices.

7. Counselling Session

Supporting your child's emotional well-being is essential for their growth and happiness. If you need any assistance in managing your child's stress or addressing personal concerns, please inform your child's Class Teacher. The school is always ready to provide support in every possible way, including guidance from a qualified counselor if needed.

8. School Transportation 🚌

If your child uses school transportation, it is important that they understand and follow basic discipline and safety rules while travelling on the bus. While the school provides proper guidance and instructions, parents are encouraged to reinforce the basic etiquettes at home to ensure a safe, comfortable, and pleasant journey for all children.

Tips for Safe and Disciplined Bus Travel:

- ✓ Be ready on time at the bus stop to avoid delays.
- ✓ Keep the bus clean — avoid littering.
- ✓ Keep hands, head, and belongings inside the bus at all times.
- ✓ Moving around inside the bus, standing on the seats, or playing in the aisles while the bus is in motion are unsafe activities and are strictly prohibited.
- ✓ Listen carefully to the driver and bus attendant's instructions.

If your child misses the school bus and you are dropping him/her at school, please inform the Class Teacher to avoid any confusion.

9. Private Transportation Drivers 🚗

- ✓ All private transportation drivers must wear the school-issued Access Card whenever they enter the school premises.
- ✓ Those have not collected the same are requested to do at the earliest.

10. Early Pick-Up from School 🕒 📄

If you need to pick up your child before the regular school dismissal time, please follow these steps:

Visit the school office ➡️ **Fill out the permission form** ➡️ **Submit the form for approval**

This procedure ensures the safety and security of all students and helps the school maintain proper records.

11. Pick-Up & Drop-Off

- ✓ Kindly ensure that your child is dropped at school on time and picked up promptly after class hours. This helps avoid unnecessary waiting and allows your child to rest and refresh at home after school.
- ✓ If someone other than the parent or guardian needs to pick up a child from school, the Class Teacher must be provided with all the necessary details in advance. Otherwise, the child may not be allowed to leave with an unfamiliar person.

12. Entry to Classrooms

- ✓ If you wish to meet any teacher, kindly seek permission from the Principal. Direct entry to the classroom is not allowed as it disturbs the decorum of the class.

We sincerely appreciate the cooperation and support of all parents in maintaining the health, safety, and well-being of our students. A child's growth and learning depend not only on what happens at school but also on the habits and guidance provided at home. By working together – teachers, parents, and the school community – we can ensure that every child enjoys a safe, healthy, and nurturing environment where they can learn, grow, and thrive with confidence. Let us continue to take these small but important steps – maintaining good health practices, hygiene, nutrition, mental wellness, and discipline – to create a positive and sustainable impact on the future of our children.

"Small steps, big impact – together for a safer, healthier, and greener school!"

With regards

Seema Sreedhar

Principal



Simi Mahesh

HSE Coordinator