

EICHER SCHOOL, FARIDABAD

NOTICE

Dear Parents

Date :20th November 2018

We all know that the pollution level is clearly at an alarming state, which is risky for both the children as well as adults. It's high time that we take some important steps to save our present and future. To fight this situation, we are planning to do the following at school:-

- Plant more oxygen generating plants in our school. Within the next two weeks there will be a plant near each classroom.
- Monitor air quality on daily basis with a pollution meter and then decide if it is safe for the students to play outdoors.
- As per the school doctor, it is safe for the students to go out and play after 10am. So all the games period before that will be taken indoors, whenever necessary.
- The children who have breathing problem or are asthmatic, shall be given personal attention and should avoid outdoor games for some time.
- Students shall get a piece of jaggery to school everyday in the lunch box as it has mucolytic agent which helps in getting rid of the acute effects of pollution. This will be effective from 21st November 2018.

Suggested home activities :-

- Limit outside play and physical exertion when smoggy.
- Students need to ensure that security guards of their residence be given proper cabins/warm clothing/arrangements for tea so that they don't resort to using coal based heating. This task can be taken as a project by the students.
- If you have to go outside, buy a good face mask to protect yourself from the hazardous pollution and use it as instructed.
- *"To breathe is to live and without breath there is no life"*.
Breathing exercises are very beneficial for us as it strengthens our lungs, cleanse nasal passage and help you combat pollutants.
- Eating the right food is also very essential. Foods that are a good source of vitamin E and C like Almonds, Broccoli, Orange, Papaya etc. should be taken.
- It is very important to get some oxygen generating houseplants like Aloe Vera, Bamboo Palm, Snake Plant etc. to get clean and fresh air in the rooms.

By making simple changes in our everyday lives, we can improve the planet we all share.

Arikta Gupta – XI C

Service Commissioner
Prefectorial Board



Principal