



# Sachdeva Public School

Sector 13, Rohini, Delhi 110085



## ADVISORY FROM THE SCHOOL DOCTOR

Dear Parents,

As we enter the New Year, I hope it brings you all good health, vitality, and strength.

For us in school, ensuring the well-being of our students is of paramount importance. With your invaluable support, we aim to cultivate a safe and healthy environment that promotes their growth and progress. Our foremost commitment is to assist our youngsters to become strong, active, and healthy individuals. Keeping the same in mind, some guidelines have been outlined below. We seek your cooperation in imbibing the same for the betterment of our children.

1. **Ensure Adequate Sleep:** Aim for at least 8 hours of uninterrupted sleep for your child. Maintain consistent sleeping and waking times to enhance their overall well-being.
2. **Monitor Screen Time:** Regulate screen time and social media usage. Avoid keeping electronic devices in your child's bedroom to promote healthier sleep patterns.
3. **Optimize Sleep Environment:** Create a dark and quiet sleeping environment to improve sleep quality for your child.
4. **Weather-Appropriate Attire:** As colder weather constricts blood vessels and may trigger headaches, ensure your child wears adequate woolen clothing. Encourage exposure to sunlight for at least 45 minutes to alleviate this issue.
5. **Limit Outdoor Activities:** Avoid outdoor activities after 5:00 p.m. due to potential risks associated with poor air quality, which could lead to various health issues, including headaches.
6. **Encourage Physical Activity:** Engage your child in at least one hour of physical activity daily. This can include unstructured play, dancing, sports, or even simply running errands/ household chores to improve sleep quality and reduce anxiety.
7. **Eye Check-ups:** Schedule regular eye check-ups every six months for children wearing spectacles and annually for others to ensure optimal eye health.
8. **Healthy Eating Habits:** Discourage the consumption of highly processed foods like biscuits, cakes, carbonated drinks, chips, and refined flour products. Additionally, limit caffeine intake from tea, coffee, and chocolates, as they can disrupt sleep patterns.
9. **Caution Regarding Medication:** Avoid self-medication with painkillers. Instead, consider alternatives such as a warm bath, head massage or rest.

Your cooperation in implementing these measures is pivotal in ensuring the well-being and health of our students amidst challenging environmental conditions.

Remember, each healthy choice you make contributes to a stronger and more vibrant future. Let's embark on this journey together, supporting each other in our pursuit of well-being.

Happy and Healthy New Year to you and your families!

**DR.MAMTA SHARMA**  
**SCHOOL DOCTOR**