



SE RLY MIXED HIGHER SECONDARY SCHOOL ENGLISH MEDIUM SANTRAGACHI

IMPORTANT MESSGAE

Dear Parents ,
My dear students ,
Dear teachers and all other stakeholders,

As we all are facing utterly concerning and challenging situation where people are helpless before COVID-19 all around the world , I request your deep attention towards the prevailing situation of this deadly pandemic. Please be rest assured that we at SERMHSSEM Santragachi , are in constant discussion with the concerned authorities and would like to assure you that no child will face a single problem with respect to academics and completing the syllabus once the situation is under control.

The syllabus will be duly taken care of in due course of time and the school will definitely ensure that no child is adversely effected by this lapse of time in studies. So please don't pressurise your child to do something which is not required. Once the situation comes to normalcy , the school will communicate to you what is to be done so that the child's education is not hampered.

Very Soon we shall be uploading a few worksheets which the students / parents can download and thereafter make students practice from home. This will help a lot in making up their studies.

Meanwhile , I request you to please take this pandemic very seriously and maintain social distancing and STAY AT HOME till further orders .

I am sharing some common methods of prevention and caution . you all are requested to please abide by them so that our children are safe and sound.

Children and Coronavirus Disease 2019 (COVID-19)

Tips to keep children healthy while school's out

Based on available evidence, children do not appear to be at higher risk for COVID-19 than adults. While some children and infants have been sick with COVID-19, adults make up most of the known cases to date.

Steps to protect children from getting sick

Clean hands often using soap and water or alcohol-based hand sanitizer

Avoid people who are sick (coughing and sneezing)

Clean and disinfect high-touch surfaces daily in household common areas (e.g. tables, hard-backed chairs, doorknobs, light switches, remotes, handles, desks, toilets, sinks)

Children and their friends

Limit Social Interactions: The key to slowing the spread of COVID-19 is to limit contact as much as possible. Practice social distancing to break the chain of rates of infection by COVID19.

Practice Social Distancing:

Clean Hands Often: Make sure children practice everyday preventive behaviors, such as washing their hands often with soap and water for at least 20 seconds. This is especially important if you have been in a public place.

Help children continue learning

Create a schedule and routine for learning at home, but remain flexible.

Have consistent bedtimes and get up at the same time.

Structure the day for learning, free time, healthy meals and snacks, and physical activity.

Allow flexibility in the schedule—it's okay to adapt based on your day.

Consider the needs and adjustment required for your child's age group.

The transition to being at home will be different for preschoolers, K-5, middle school students, and high school students. Talk to your child about expectations and how they are adjusting to being at home versus at school.

Consider ways your child can stay connected with their friends without spending time in person.

Look for ways to make learning fun.

Have hands-on activities, like puzzles, painting, drawing, and making things.

Independent play can also be used in place of structured learning. Encourage children to build a fort from sheets or practice counting by stacking blocks.

Practice handwriting and grammar by writing letters to family members. This is a great way to connect and limit face-to-face contact.

Ask your child to write one page daily about what he/she did the whole day.

Use audiobooks / whatsapp / vidoes .

Use play way activities to improve their mathematical skills.

Encourage them towards the proper use of educational Mobile apps.

Encourage them to read story books on their on own choice.

Teach and reinforce everyday preventive actions – WASHING HANDS COMES FIRST

Parents and caretakers play an important role in teaching children to wash their hands. Explain that hand washing can keep them healthy and stop the virus from spreading to others.

Be a good role model—if you wash your hands often, they're more likely to do the same.

Make handwashing a family activity.

Help your child stay active.


Encourage your child to play and will do some yoga activities—it's great for physical and mental health. **Respect the LOCKDOWN**

Use indoor activity breaks throughout the day to help your child stay healthy and focused.

Help your child stay socially connected.

Reach out to friends and family via phone or video chats.

Also may I request you not to share irresponsibly videos and pictures on social media as it can spread rumours which are adverse to the current situation. We all need to unite and stand together [of course not physically] so that the fight against this pandemic is won and CORONA IS DEFEATED.



Mrs Karabi Mukhopadhyay
Principal