**D.A.V.PUBLIC SCHOOL , NTPC , FARIDABAD**

**CIRCULAR ( For classes L.K.G to II )**

**DATE: 16.08.2020**

**Dear parents**

**Warm greetings !**

**As per the developmental research, each child passes through an identifiable**

**sequence of developmental changes i.e., physical, cognitive and emotional growth and change.So , it is very important for a child to follow good health , hygiene and safety rules for proper growth and development.**

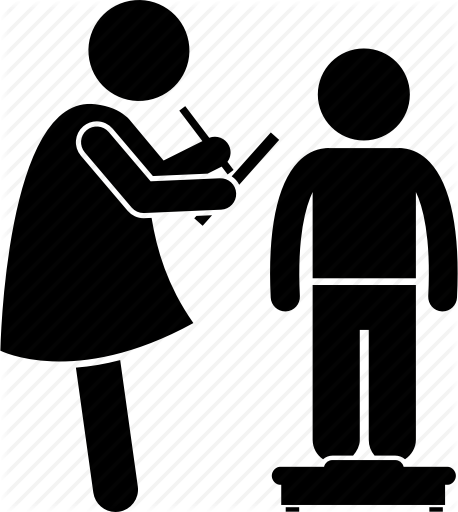
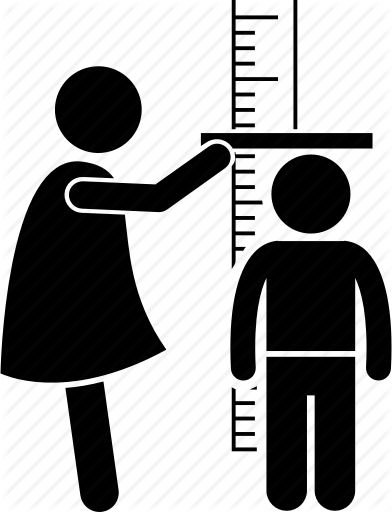
**It is very important for parents and teachers to know about these changes in order to meet their needs appropriately.**

**It becomes essential for both parents and caregivers to educate children to become responsible fortheir own health and hygiene& growth and development.So,here are some tips that will benefit in the overall growth and development of the child-**

1. **Washing hands before and after meals and maintaining cleanliness in the surroundings.**
2. **Brushing teeth twice a day , cutting nails regularly, combing and cleaning hair properly.**
3. **Hygienic nose blowing, coughing and sneezing , use of handkerchief and napkin.**
4. **Safe food handling and eating , use of spoon for eating .**
5. **Eating healthy food and avoiding junk food , have variety of fruits and vegetableseveryday for immunity boosting.**
6. **Physical activities and exercise.**

**The assessment of growth of weight and height is also very crucial .During this COVID-19 lockdown, we request you all to keep on assessing the weight and height of your child . Kindly observe your child in the above mentioned points .**

**An observationperforma has been sent to you regarding the same. Kindly fill and share with the class teacher on the watsapp group.**



**Regards**

**Mrs.Nishi Arora**

**( Coordinator )**