

SAINIK SCHOOL SUJANPUR TIRA (HP)

IMPORTANT NOTICE REGARDING RESUMPTION OF PHYSICAL CLASSES **(CLASS VI & VII)**

1. Sainik School Sujapur Tira (HP) will resume physical classes wef **25 Jul 22** for **class VI & VII**. Parents are requested to ensure that their wards report to the school on **24 Jul 22** by **1800 hrs** positively.

2. **Parents are requested to ensure that their wards must report to the school as per scheduled date & timings only. In view of Covid-19 protocol, Cadet(s) reporting on other than scheduled date & timings will not be allowed to join the school.** Further, kindly ensure that school fees for the academic session 2022-23 have been deposited. In case the school fees have not been deposited, the same is required to be deposited through **Online/CSM/PNB Challan/Offline** mode (through DD only) prior to joining the school for physical classes.

3. A reception team will be available at the Main Gate for initial screening of cadets as well as luggage. Once the cadets underwent screening, they will be directly sent to their respective houses. Since the cadets would be travelling from different locations using public transport such as buses, trains, hired/own vehicles etc, it is important that they should minimize their contact and interaction with others on arrival at hostel. Quarantine in respect of suspected cases of COVID-19, as per State/ UT guidelines, will be carried out accordingly.

4. In view of the above, the following points regarding conduct of physical classes are shared herewith for strict compliance:-

(a) **Duties of Parents Prior to Sending the Cadets to School.** Parents need to discuss with and mentor their ward on the following aspects:-

- (i) Social distancing norms and their importance.
- (ii) Method of washing hands.
- (iii) Keeping washroom, bathing area clean for others to use after their turn.
- (iv) Importance of personal hygiene for their safety and well-being.
- (v) Importance of exercise, yoga, meditation, breathing to keep mentally and physically fit.
- (vi) Healthy food habit and measures to increase immunity.
- (vii) Taking care of the newly installed equipment.
- (viii) Getting a proper haircut.
- (ix) Not to share/ use personal stuff of other cadets such as combs, towels, undergarments and trimmers.
- (x) Sharing of eatables and drinks with other cadets specially using the same plate or glass is to be avoided.
- (xi) How to use common item handled by multiple users.
- (xii) Explaining the importance of changing face covers/ masks on daily basis; implication of losing the mask, as any mask lost is a source of spreading infection; washing and reusing mask as applicable;

preserving used mask during meals and other requirements; proper disposal of used masks/ gloves etc.

(xiii) Not to step out of the school campus.

(xiv) Ensure that first/second dose of Covid-19 vaccination is administered to their wards (12-14 years old).

(b) **Duties of Cadets.** All the cadets have to follow the under-mentioned guidelines while in dormitories / mess / academic block or at any other place:-

(i) Maintaining social distance of minimum 2 meters from others.

(ii) Washing of hands properly for at least 40 seconds.

(iii) Avoid touching eyes, nose and mouth.

(iv) Spitting on the road will be considered an offence and disciplinary action will be taken against defaulter.

(v) Wearing a face cover/ mask at all the time is compulsory.

(vi) To remain physically and mentally fit to handle exigencies. By remaining fit, they will be able to take care of others also. They should inculcate activities that will increase immunity which may include exercise, healthy diet and adequate sleep.

(vii) The cadets should not visit the hospital without permission.

(viii) Cadets shall not stigmatize/ discriminate against their peers or anyone else, in case someone is sick as stress can greatly affect the immune system of an individual. On the other hand they should support their friends under stress due to the pandemic.

(ix) Spreading any fake information regarding COVID-19 will be viewed seriously.

(x) Avoid any breakage/ destruction of the equipment provided for sanitation.

(xi) Strict adherence to the laid down timings for meals, classes etc.

(xii) Washroom etiquette has to be followed by all the cadets. Staggered time will be specified for all cadets to shower while maintaining social distance in the washroom.

(xiii) Effective co-operation by cadets with the school staff.

(xiv) Cadets will avoid crowding while consulting the faculty members.

(xv) **The use of mobile phones or electronic gadgets is strictly prohibited in school. If any cadet is found in possession of these items, a disciplinary action will be taken against him and his mobile phone/gadgets will be confiscated. Hence, parents are requested to ensure that their ward is not in possession of mobile phone/gadgets on their arrival in the school.** The format of the undertaking for non possession of Smartphone/Mobile phone by the cadet is annexed as **Annexure- I**

- (xvi) Cadets will have to follow mess etiquette as follows: -
 - (aa) Wash hands with soap before/ after entering or leaving the mess.
 - (ab) Use personal handkerchief to dry the hands.
 - (ac) Food shall be served in shift in the mess and cadets should be aware of their shift timings.
 - (ad) Cadets to be seated in earmarked place only.
 - (ae) Cadets are not allowed to visit any other area in the mess except dining hall.

5. **COVID-19 Cases Not to Report.** Cadets are advised not to report to school if they/any family members have symptoms of Covid and are seeking medical care.

6. **Travel and Visiting Restrictions.** Cadets are cautioned to travel with not more than a single escort (either parent or guardian). Vehicle of parents will be permitted to enter the school campus till designated place only. Parents will not be allowed to accompany their wards inside the hostels.

7. The following items are required to be carried by the cadets while reporting to the school:-

- (a) Five (05) Nos of washable plain masks (in **black colour** only)
- (b) Adequate sets of clothes
- (c) Hand Sanitizer
- (d) Summer/Winter school uniform including 01 x set of khakhi uniform
- (e) Water Bottle (Thermos Flask)
- (f) RT-PCR '-ve' report in hard copy not older than 72 hours
- (g) Sufficient stationery to cater all requirements till Winter Vacation
- (h) Certificate of 1st/2nd dose of Covid-19 Vaccination (for cadets between 12-14 years only)
- (j) Please provide your ward with clothing and other articles list at **Annexure II** to this notice. These articles must be brought at the time of joining of the cadets for offline classes.

8. Apart from the ibid items, parents are also requested to get the following vaccinations done for their wards before joining the school and produce the certificate to this effect from a registered Medical Doctor/Govt. Hospital at the time of reporting:-

- (a) Chicken Pox
- (b) Typhoid

9. Cadets are advised to contact their respective Housemasters, in case of any clarification.

**UNDERTAKING FOR NON POSSESSION OF SMARTPHONE/MOBILE PHONE
BY THE CADET**

I, _____ S/o or D/o Shri _____
resident of Village _____ PO: _____ Tehsil: _____
District: _____ parent/guardian of School No _____ Name
_____ who is studying in class VI/VII in Sainik School
Sujanpur Tira, hereby declare that my ward will not be in possession of any
Smartphone/Mobile Phone during his/her presence at campus of Sainik School
Sujanpur Tira.

I hereby declare that I understand and agree that, if my ward is found in
possession of Smartphone/Mobile Phone during his/her presence at campus of
Sainik School Sujanpur Tira, then Strict Disciplinary action including
Suspension/Withdrawal from the School will be taken by the School administration
against my ward.

I further declare that in the event of my ward being found in possession of
Smartphone/Mobile Phone during his/her presence on campus of Sainik School
Sujanpur Tira, and consequent strict disciplinary action including
Suspension/Withdrawal from the school being taken by the School administration
against my ward, I will not approach court of law or seek redressal through legal
channels for such an exigency.

Signature _____
Name: _____
Address: _____
Mobile Number: _____
Aadhaar Number: _____
Date:

Annexure-II**(A) List of articles to be provided by the parents/guardians at the time of joining of the cadet for offline classes**

<u>Sl.</u>	<u>Name of Item</u>	<u>Quantity</u>
1.	Steel Trunk 24" x 15" x 12"	01 No.
2.	Locks with duplicate keys & Key Rings	03 Nos.
3.	Hangers	06 Nos.
4.	Needles	02 Nos.
5.	Thread Reels (White & Khaki)	01 each
6.	Buttons (White & Khaki)	01 Pkt each
7.	Nail Cutter	01 No.
8.	Tooth Brush	02 Nos.
9.	Tooth Paste	02 Nos.
10.	Soap Case	02 Nos.
11.	School Bag	01 No.
12.	Washing Powder	01 Pkt
13.	Bucket & Mug (Plastic)	01 each
14.	Steel Glass	01 No.
15.	Combs	02 Nos.
16.	Hair Oil	01 Bottle
17.	Mirror	01 No.
18.	Permanent Ink Marker	01 No.
19.	Clip Board	01 No.
20.	Torch with Cells	01 No.
21.	Water Bottle	01 No.
22.	Bed Holder	01 No.
23.	Handkerchiefs White	06 Nos.
24.	Shirt Terrycot White (Full sleeve with one pocket on left side)	02 Nos
25.	Shirt Terrycot White) (Half sleeve with one pocket on left side)	02 Nos.
26.	Trouser/Pant Terrycot – White (With bottom not exceeding 18 inches)	02 Nos.
27.	Trouser/Pant Terrycot – Black (With bottom not exceeding 18 inches)	02 Nos.
28.	Vest – White Cotton (boys)/Under Shirts (girls)	06 Nos.
29.	Undergarments	06 Nos.
30.	Quilt and Light Blanket	01 each
31.	Quilt Cover – White	02 Nos.
32.	Pillow (16"x24") with White Cover	02 Nos.
33.	Night Suit – Light Blue (Poplene/Terrycot)	02 pairs
34.	Narrow Leather Belt for Trousers	01 No.
35.	Towel Bath	02 Nos.
36.	Hand Gloves – Woollen (Black)	01 pair
37.	Woollen Cap	01 No.
38.	Bed Sheet – White	02 Nos.
39.	Under turbans (for Sikh boys only)	03 Nos.
40.	Pugree/Patka Navy Blue (for Sikh boys only)	02 Nos.
41.	Shoes Lakhani/Action –White (Water resistance)	01 pair
42.	Shoes Leather Black (Oxford Pattern) (Leather/PVC Sole)	01 pair
43.	Socks – Nylon (White & Black)	03 pairs each
44.	Socks Woollen Black	02 pairs
45.	Mosquito Net – Brown	01 No.
46.	Mattress (6x3)	01 No.
47.	Oxford Mini Pocket Dictionary	01 No.
48.	Hair Net Bun Cover for Girls	02 Nos
49.	Sufficient Hair Pins to firmly hold loose hair	
50.	Sufficient clips for holding clothes	
51.	Stationery items viz. Note Books, Geometry Box, Covers for Note Books, Pens, Pencils, Erasers, and Sharpeners etc. of requisite qty.	
52.	Formal Pant & Shirt (for boys) and Salwar Suit (for girls) to be wear during holidays/Sundays.	

(B) **Items proposed to be provided by the School out of Clothing Allowance of Rs.1,500/-.**

1.	House Colour T-Shirts	01 No.
2.	Cap Beret Navy Blue	01 No.
3.	Cap Badge	01 No.
4.	Shoulder Title (SSST)	01 pair
5.	School Belt Leather	01 No.
6.	Formation Sign	01 No.
7.	Khaki Terricot Shirts	01 No.
8.	Khaki Terricot Trousers	01 No.
9.	Bed Cover	01 No.

(C) **Following items will be issued to cadets by the School on Payment, the cost of which (Approx. Rs.4,500/-) will be borne by the parents :-**

1.	Jersey Woollen Grey Sleeveless	01 No.
2.	Jersey Woollen Grey Full Sleeves	01 No.
3.	School Blazer Navy Blue	01 No.
4.	Track Suit	01 No.
5.	Woollen Cap School pattern	01 No.
6.	Trousers woollen grey	01 No.
7.	Bed Cover	01 No.
8.	Shirts Terricot Khaki	01 No.
9.	House T-Shirt	01 No.
10.	Scarf	01 No.
11.	School Tie	01 No.
12.	Belt Polyester	01 No.
13.	Cap Woollen Grey	01 No.
14.	Short	01 No.
15.	Muffler	01 No.
16.	Formation	01 No.

Note: Mobiles/Electronic gadgets are strictly **NOT PERMITTED**. Cadets may use STD Booths available in the School Campus.