

## **SAINIK SCHOOL SUJANPUR TIRA (HP)**

### **IMPORTANT NOTICE REGARDING PHYSICAL CLASSES**

1. Refer to Sainik Schools Society, New Delhi letter 10(10)/SSS/2020 dated 10 Aug 21 and HP State Govt. directions issued vide Directorate of Higher Education, Shimla (HP) letter EDN-HE(21)A(03)/06/2020-V-Vol-II dated 09 Nov 21. Sainik School Sujanpur Tira (HP) will be resuming physical classes after winter vacations wef **24 Jan 22** for **classes IX-XII**. Parents are requested to ensure that their wards report to the school on **24 Jan 22 by 1900 hrs** positively.

2. However, as per the ibid directions, parents are to forward a written consent (willing parents/guardians) to send your wards to school. **Parents unwilling to send their wards to school should inform the Principal in writing.** The format of the parents' consent letter is annexed as **Annexure- I**.

3. **Parents are requested to ensure that their wards must report to the school at the 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 entire school fees upto the academic session 2021-22 have been deposited. In case the school fees have not been deposited, the same is required to be deposited through DD/Cheque/Online mode available on school website prior to joining the school for physical classes.

4. A reception team will be available at the Main Gate for initial screening of cadets as well as luggage. Once the cadets undergo 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.

5. 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 needs 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 habits and measures to increase immunity.
- (vii) Taking care of the newly installed equipment.
- (viii) Getting a proper haircut as hair cutting facility is presently suspended at school.
- (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.

(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) They have to understand the concept of maintaining social distance of minimum 2 meters from others.

(ii) They need to learn to wash hands properly for at least 40 seconds.

(iii) Cadets should avoid their touching eyes, mouth and nose.

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

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

(vi) Important for cadets 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 timely 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 seriously viewed.

(x) Cadets will take care to avoid any breakage/ destruction of the equipment provided for sanitation.

(xi) Cadets will adhere to the laid down time for the meals, classes etc.

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

(xiii) All cadets should cooperate 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 discipline action will be taken against him and his mobile phone will be confiscated. Hence, parents are requested to ensure that their ward is not in possession of mobile phone upon their arrival in the school post winter vacations.**

- (xvi) Cadets will have to follow mess etiquette and do 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 shifts in the mess and cadets should be aware of their meal shifts.
  - (ad) Pre plated food will be served on the dining table.
  - (ae) Cadets to be seated in earmarked place only.
  - (af) Cadets are not allowed to visit any other area in the mess except dining hall.

6. **In case of any doubt about the medical condition of a child, parents shall not bring the child back to the school.** Parents are required to furnish an undertaking as per **Annexure-I**. The cadets will deposit the undertaking at the reception cell upon their reporting back to the school.

7. **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. Cadets are also advised not to visit areas falling within containment zone. Similarly, parents/cadets belonging to containment zones shall not attend the school until the zone is de-notified.

8. **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.

9. 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 warm clothes
- (c) Hand Sanitizer
- (d) Summer & Winter school 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 final examination
- (h) Practical Files

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

UNDERTAKING BY PARENT/ CADET

Place.....  
Date.....

From  
Mr/ Ms \_\_\_\_\_  
Parent/ Guardian of Cadet \_\_\_\_\_  
Roll No. \_\_\_\_\_  
Sainik School \_\_\_\_\_

To  
Principal  
Sainik School \_\_\_\_\_  
Address \_\_\_\_\_

WILLINGNESS TO SEND WARD TO SCHOOL

Sir/ Maam,

1. I, Mr/ Mrs \_\_\_\_\_ am parent/ guardian of Cadet \_\_\_\_\_ (Roll No. \_\_\_\_\_), of Class \_\_\_\_\_ studying at Sainik School \_\_\_\_\_. I have received intimation through email/ telephone call by House Master/ Ward Boy of \_\_\_\_\_ House that the School is opening on \_\_\_\_\_.

2. I intend to convey to you that our ward Cadet \_\_\_\_\_ (Roll No. \_\_\_\_\_) is keen on joining the school for the balance of the academic session. We, as parents are also willing to send our ward to school. Though we are fully confident about the precautions and safeguards which will be taken by the school administration, we, the parents/ guardian as well as our ward(s) is/ are aware of the risk and threat posed by Covid-19 infection. We assure the school administration that if my ward contracts Covid-19 during his/ her stay in the school, I or my family members shall not hold the school responsible for it or for any of its consequence. I will have no objection if my ward is expelled from the school for, at any time, not following any of the COVID-19 health safety norms as prescribed by the school,

3. I have enclosed a Certificate as proof that my ward was tested for Covid-19 on\* \_\_\_\_\_ and **he/ she is declared COVID-19 negative**. I shall be personally responsible for the vaccination of my ward against COVID-19, as per the government regulations. I also understand that cadets living in containment zones will not be allowed to attend school.

Yours Sincerely

Sd/-  
(Name of Parent/ Guardian)

(Name & Signature of Cadet)

(\*Test report should not be more than 3 days old)