



PODAR INTERNATIONAL SCHOOL, DAVANAGERE

Circular to Nursery to Grade 10

Date: 25 May 2026

Subject: Children's Health & Hygiene SOP - Safeguarding Our School Community

Dear Parents,

At Podar International School, Davanagere, the well-being of our students is our highest priority. A healthy child is a happy and effective learner. To ensure a safe, hygienic, and uninterrupted learning environment for all, we request your strict adherence to our **Standard Operating Procedure (SOP) regarding contagious diseases.**

By keeping a symptomatic child at home, you are not only helping them recover faster but also protecting their classmates and teachers from potential infection.

1. When to Keep the Child at Home

Please observe your child's health closely each morning. A child should remain at home if they exhibit:

- **Fever & General Malaise:** Any raised temperature, shivers, or unusual drowsiness.
- **Respiratory Issues:** Severe coughs, wheezing, or shortness of breath.
- **Gastrointestinal Symptoms:** Vomiting or diarrhea (Children may return only **48 hours after the last symptom** has completely disappeared).
- **Skin & Eyes:** Unexplained rashes, or yellow/green discharge from the eyes.
- **Pain:** Severe headaches or a sore throat accompanied by a fever.

2. Protocol for Communicable/Infectious Diseases

If your child is diagnosed with a communicable illness (such as Chickenpox, Conjunctivitis, Measles, etc.):

- **Mandatory Quarantine:** The child must remain at home until the full quarantine period, as advised by your doctor, is completed.
- **School Exclusion:** If a staff member suspects an infectious condition, the child will be safely isolated, and parents will be asked to collect them immediately to prevent further spread.
- **Return to School:** To resume classes, the student **must submit a Medical Fitness Certificate** from a qualified General Physician to the Class Teacher.

3. Minor Ailments

While minor coughs and colds are acceptable, we urge parents to use their best judgment. If the child appears lethargic or unable to focus on classroom activities, they will benefit more from a day of rest at home.

4. A Shared Responsibility

We believe that "Prevention is better than cure." We encourage parents to speak to their children about basic hygiene, such as frequent hand washing and covering their mouths when sneezing. We are committed to monitor and report to parents when needed during the school hours.

We thank you for your proactive cooperation in maintaining a healthy and vibrant campus for our children.

With Warm Regards,

Principal