

## Odisha School Reopening Plan

### Background

This is regarding reopening of Schools under the School & Mass Education Department. Due to pandemic situation arising out of COVID -19 all government and private schools, including hostels, were closed since 17<sup>th</sup> March 2020.

As per latest developments, Government of India has announced dates for conduct of Class X & XII by CBSE.

This SoP is meant for Grade X & XII of schools coming under jurisdiction of School & Mass Education Department i.e. schools of Government, Govt. Aided, Private. The same guidelines may be followed by all teacher education institutions under SCERT and all private schools of all Boards (State/Central) running in the state. Separate SoPs will be issued by the competent authorities for hostels subsequently.

### Overall guiding principles

- Online/distance learning shall continue to be the preferred mode of teaching and shall be encouraged.
- Where schools are conducting online classes, and some students prefer to attend online classes rather than physically attend school, they may be permitted to do so.
- Online and classroom learning will go in tandem with each other and should continue to share timelines and daily schedules to ensure synchronization.
- Students may attend schools/institutions only and only with the written consent of parents. Attendance must not be enforced and must depend entirely on parental consent.
- District Collector will have the final authority to take decisions in this regard to the time and method of school reopening in exceptional circumstances for all the schools in the district.

### I. STANDARD OPERATING PROCEDURES (SOPs) FOR HEALTH, HYGIENE AND OTHER SAFETY PROTOCOLS BEFORE OPENING OF SCHOOLS

#### General Guidelines on school opening and attendance of teachers/students/staff

- Only schools outside the containment zones shall be allowed to open. Further, students, teachers and employees living in containment zones will not be allowed to attend the school. Students, teachers and employees shall also be advised not to visit areas falling within containment zones. Due to the dynamic nature of the situation, these decisions will be taken by the District Collector. District Collector will also direct the relevant schools to immediately shut down in case their zone is declared as a containment zone.
- Prior to resumption of activities, all work areas including furniture, libraries, laboratories, storage places, water tanks, kitchen, washrooms/toilets, and other areas of common use shall be sanitized with particular attention to frequently touched surfaces.
- Schools may not reopen without 100% access to potable drinking water and adequate functional toilets for all students. Any school without access to the above must first make these arrangements before reopening.

- Hostel facilities are not to be opened at this point of time. Detailed SOP for Hostel operations will be issued when Hostel reopening is deemed safe.
- School provided transportation should also be discouraged to reduce risk. Parents must ensure they take responsibility of the child's commute to school. Where plying, transport facilities may run at maximum of 50% capacity with adequate sanitization before picking up and after dropping students.
- High risk staff members with severe ailments or underlying conditions must take extra precaution.
- No student should be coerced to come to school. Only those parents and students who feel comfortable attending school should do so.

#### Provisions to be made inside schools

- For ensuring social distancing and queue management inside and at the entrance of the premises, specific markings on the floor/ground with a gap of 6 feet should be made.
- Inside classrooms, students should be made to sit at safe distances/alternate desks. Fixed seating should be ensured. A particular seat/space should be earmarked for each student (for example: based on roll number) so that there is limited exposure to other students' physical spaces.
- Similarly, physical distancing shall also be maintained in staff rooms (by earmarking seats for teachers at an adequate distance), and other common areas (mess, libraries, cafeterias, etc.) with relevant markings as required.
- If available, temporary space or outdoor spaces (in case of pleasant weather) may be utilized for conducting classes, keeping in view the safety and security of the children and physical distance protocols
- There must be adequate soap (solid/liquid) and running water in all washrooms and toilets. Hand sanitizers etc. for the teachers, students, and staff must be available mandatorily in each classroom. Students should be encouraged to sanitize their hands when entering and leaving classrooms and toilets.
- Any staff entrusted with cleaning/sweeping duties must be informed and trained about the cleaning/sanitization processes as well as general norms for waste management and disposal.
- The school should display state helpline numbers and also numbers of local health authorities etc. to teachers/students/employees to contact in case of any emergency. Other posters related to the preventive measures about COVID-19 must also be displayed.
- A separate isolation room has to be marked in the school and kept ready. This room may be used in case any student or staff develops Covid symptoms.
- The Composite School Grant under SSA may be used for purchase of all relevant cleaning and sanitization material.

#### Development of a calendar of teaching and permissible activities inside schools

- Every school must determine how to run the school basing on the number of students and number and size of class rooms available. Maximum 20-25 students (depending upon classroom size) should be allowed to sit in a class room to ensure safe distancing among students. For schools with adequate number of classrooms all students can be asked to come on a daily basis.
- School timings should be as usual.

- Recess/Break should be staggered for different classes to ensure there is no overcrowding at common spaces and toilets.
- Student should be encouraged to bring healthy and nutritious food from home and should be advised not to share it with fellow students.
- Assemblies, sports and events that can lead to crowding are prohibited.
- No outside vendor should be allowed to sell any eatables inside the school premises or within 100 meters from the entry gate/point.
- Syllabus for all classes, as revised and communicated by Govt. should start from the beginning.

#### **Sensitization of teachers, parents, staff, and members of School Management Committee**

- Before opening of the school, a meeting of all SMC/SMDC members and any other parents who desires to attend the meeting shall be called by the Head of School.
- In this meeting, a detailed discussion on the safety protocols must be held, inputs of all members incorporated, and consent taken from SMC/SMDCs. Proceedings of the meeting must be recorded in the relevant register maintained in the school.
- The SMC/SMDC must also be encouraged to walk around the school premises and ensure that all hygiene and safety precautions are there to their satisfaction.
- All these information should also be shared with the parents community through Whats app message or SMS. The message also include dos/don'ts that the parents/students must follow.
- Written consent should be sought from parents for their child to attend school. Students opting to study from home with the consent of the parents may be allowed to do so.
- Detailed roles and responsibilities of different stakeholders has been attached for reference as Annexure - B

## **II. STANDARD OPERATING PROCEDURES (SOPs) FOR HEALTH, HYGIENE AND OTHER SAFETY PROTOCOLS AFTER OPENING OF SCHOOLS**

### **Monitoring Team to be made along with SMC/SMDC members**

- Every school must have a Covid Monitoring Team comprising of 1 teachers & 1 parent member from SMC/SMDC. The responsibility of the Monitoring Team will be to:
  - Ensure health and hygienewithin the school - This team will come to school 30 min early and leave 30 mins after school hours to ensure full cleanliness/sanitization in school.
  - Emergency response – Have a clear plan in place for contingencies and take action anytime there is an emergency or risk in school.
- In addition, the team will also support the HM with:
  - Preparation and implementation of all calendars, schedules and activities in the school. HM will decide the school schedule, calendar, take decision on academic activities with a key consideration towards ensuring the right balance between learning and safety of students.
  - Continuing to focus on regular learning at home for those students who are unable to come to school for any reason.
- Checklist for safe school environment has been attached for reference as Annexure - C

### **Regular monitoring of Hygiene and Sanitation inside the school**

- School campus should be cleaned daily and a daily record of areas cleaned may be maintained. Note that students should not be involved in any of the cleaning activities for health and safety reasons.
- Provision of soap(solid/liquid) in toilets and hand sanitizers in other places/facilities of common use should be ensured.
- Students and employee should be strictly advised to wear masks and not dispose of used face covers / masks inside the school. All students and staff to arrive at school wearing a face cover/mask and continue wearing it all through, especially when in class, or doing any activity in groups. Care should be taken to ensure and educate children not to exchange masks with others.
- Mandatory hand washing for all students and staff at regular intervals as per the planned protocol following physical/social distancing norms should be ensured Hand washing time should be a minimum of 40 seconds.
- Every child needs to learn how to cough or sneeze into a tissue/elbow and avoid touching face, eyes, mouth, and nose.
- Students commuting through public transport should be adequately guided by schools to take all precautions such as – physical/social distancing, covering nose and mouth with up face cloth/masks, sanitizing hands after touching any surface etc.
- Students should not share any material (textbooks, notebooks, pen, pencil, eraser, tiffin box, water bottles, etc.) with each other.
- Spitting should be absolutely prohibited.
- Windows and doors of the classrooms and other rooms to be kept open for ventilation.
- Regular health check-up of students, staff and employees should be organized by block and district office with the help of local medical officer. This officer should conduct regular checks through the School Health Programme.

#### Social-emotional well-being of students

- It is possible that many students may be coming back to school after suffering traumatic incidents at home over the last few months. Teachers must keep an eye on the emotional well being of the students and take necessary supportive action along with the parents when needed. A small sensitization session can be done for the teachers in this regard before school reopening.
- Detailed guidelines for promoting emotional well-being of students and teachers for reference are attached as Annexure - A.

#### SOP to be Followed if a Student/Teacher/School Staff Develops Suspected Symptoms of Covid-19.

- In the event of any student or staff developing Covid 19 symptoms, the first step will be to separate the person from the rest of the people and keep the person in the isolation room /in an isolated place inside school premises.
- The School Management must inform the parent or guardian about the health condition of the ill student.
- The School management must immediately inform the nearest medical facility or call the State or district helpline.
- Disinfection of the premises to be taken up if the person is found Covid positive.
- The guideline issued by SRC, Odisha and H & FW Deptt. from time to time must be followed by all Schools and to be ensured by the District Administration.

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### Response according to changing times

- The extent and severity of COVID-19 is evolving and changing with time and also varies spatially from district to district. The response and safety protocols will accordingly need to be adjusted to these dynamics by the districts from time to time. The districts while adopting the measures suggested herein, may plan additional measures depending on the local situation. District Collector will assume this responsibility.

6

**PROMOTING EMOTIONAL WELL-BEING OF STUDENTS AND TEACHERS**  
**(Guidelines for Students at Elementary and Higher Stages)**

**A. SUGGESTIONS FOR STUDENTS**

**1. Mental well-being Activities for Elementary Stage Students**

**Students may:**

- a. Share their feelings and emotions with parents, teachers and other family members, respecting others' emotions
- b. Engage in activities that help to feel positive
- c. Communicate with teachers and friends
- d. Spend time with parents, siblings and other family members by involving in activities like indoor games, antakshari, reading stories together, solving puzzles and crosswords, dancing etc.

**2. Activities for Coping with Stress and Anxiety: Strategies for Students at Secondary Stage**

- a. **Acknowledge feelings:** It is important to recognize one's feelings and acknowledge that it is okay to have such feelings.
- b. **Reflection:** Give time to self to reflect on what one has been doing during the phase of lockdown for self and for others, which aspects one would like to change, what kind of effort/thinking/action it would require to bring that desired change. Becoming aware of one's sensations and expressions may help to understand one's feelings.
- c. **Positive thinking:** The key to avoid, manage, and reduce stress is a positive mindset and a positive attitude. Never lose hope, begin from yourself and pass it around to all. Be persistent in keeping positive thoughts.
- d. **Schedule your routine and manage time:** Scheduling a routine helps to create discipline and can have a positive effect on one's thoughts and feelings. Students may modify their time table by reducing the time spent on daily activities that they were engaging in during the lockdown. This will help to transit to normalcy.
- e. **Take care of your mind and body:** Make sure to eat a healthy and well-balanced diet, practice meditation, yoga, or breathing exercises after school hours to calm the mind and for building better mental and physical health. Also, get enough sleep every day.
- f. **Become aware of your thoughts, feelings, and actions.**
- g. **Maintain a diary.** Every day write down how you could follow your plan of action. Note down changes in your feelings every day and share with your best friend.

## **B. GUIDELINES FOR TEACHERS FOR PROMOTING EMOTIONAL HEALTH OF THEIR STUDENTS**

- a. **Initiate conversational activities in the classroom:** It is important to focus on bringing back the normalcy in the classroom environment again. Teachers may start a conversation with the students on what they did during the Lockdown period to engage themselves in interactive sessions.
  - b. **Indoor individual games:** Mental maths games, word antakshari, make words, etc. and music and dance activities may be conducted in the classroom linking these with subject areas under proper guidance. This will help in keeping children happy and stress-free besides being healthy.
  - c. **Make students feel safe:** Teachers need to make their students feel safe and be able to share anything and everything with them. They may emphasize the fact that child fatalities due to Covid-19 are negligible but children can get it and transmit it if they behave unsafely.
2. **Help students to engage in collaborative activities in the classroom:** Conduct and encourage students to participate in various deep breathing exercises, activities that will help the students to be mindful. Teachers have to create an environment of emotional togetherness among students by
    - i. precluding of social out casting of anybody recovered from COVID-19
    - ii. Encouraging students to make small gifts for their friends as a token of love and appreciation.
    - iii. Assigning caring activities to students like keeping water for birds, helping to keep the premises clean etc., to build positive feelings of sharing and being responsible.
  3. **Acknowledge the change and offer help:** Accept and help the students to accept that the present times are difficult. Make sure that the students know that you are there for them if they require any assistance or have any concerns to share.
  4. **Conduct reflective activities in the classroom:** Reflective activities have huge benefits in increasing self-awareness in an individual and in developing a better understanding of others as well. Reflective practice can also help us to develop creative thinking skills and encourages active engagement in the classroom.
  5. **Tell Life stories:** This activity will help the students get to know something significant about each other in a very short time. Students rarely get a chance to talk about themselves without interruption, (and without advice or judgment). Each student may speak without interruption for 5 minutes about his/her experiences during lockdown that has shaped her/him in significant ways.
  6. **Three-Minute Pause:** The Three-Minute Pause activity can be used in the classroom at the end of the day. It provides a chance for students to stop, reflect on the concepts

and ideas that they have learned, make connections to prior knowledge or experience, and seek clarification. Students have to ask themselves: 'I empathized with...'; 'I changed my attitude about...'; 'I am more aware of ...'; 'I was surprised about...'; 'I felt...etc'.

### C. GUIDELINES FOR PARENTS FOR PROMOTING EMOTIONAL HEALTH OF THEIR CHILDREN

1. **Get the child mentally ready for a new routine:** Point out the positive aspects of starting school. Reassure children that if any problems arise at school, parents will be there to help resolve them.
2. **Be patient:** Exercise patience and refrain from using punishment as transitioning once again from home to school may be challenging for the students.
3. **Encourage children to extend Positive offerings:** Children may be asked to draw and colour cards for their friends, teachers, and also family members as preparation for school reopening thus setting a positive tone and hope.
4. **Collect Motivational resources:** Students can be asked to collate good audio(podcasts) songs developed for and during the Covid-19 that they find motivating for sharing with school mates
5. **Ensure their emotional safety:** Parents need to make children feel safe and wanted by giving them the feeling that they can share anything and everything with them as they prepare to go to school as well their concerns while they are in school.
6. **Acknowledge their emotions:** Stay calm especially when the children are anxious. Pay attention to their feelings and give them space to share their fears, if any. Ensure that there is adequate time for sitting together and talking freely at different times.
7. **Encouragement:** Parents also need to encourage and guide their children to plan their daily schedule for school, studies at home, play, sleep, activities to maintain good health and hygiene, etc.
8. **Appreciate your child:** Recognize and praise even small accomplishments and efforts made by children. This not only develops confidence and self-esteem but will lead to the formation of good habits and better performance in different tasks. □
9. **Set a good example:** Before expecting children to be disciplined, empathetic, healthy, and hygienic, parents need to practice such things. Parents need to manage their stress by getting good sleep, exercise, healthy diet, connected with friends and family.
10. **Acknowledge your feelings:** Understanding and recognizing one's own emotions is vital for one's well-being. As a parent one can help himself/herself and their children to navigate each one of their emotions and responses.



11. **Focus on the things that can be controlled:** Focusing on things that are out of one's control can make one feel drained, overwhelmed, and anxious. So, focus on what can be controlled.
12. **Taking care of the self:** Make sure to indulge in physical exercises like yoga. Have a healthy diet and take care of your body.

#### **D. SUGGESTIVE ACTIVITIES FOR TEACHERS TO TAKE CARE OF THEIR MENTAL HEALTH**

1. **Maintain a reflective diary:** Make a habit of writing your experiences every day before going to bed.
2. Take time to engage in observing your surroundings by identifying the smells, textures, and visuals.
3. Perform any activity which helps you to connect with your own self - meditation, yoga, walking, reading, etc.
4. Think of the small changes which you can bring in your life.
5. Make sure to take care of your physical health as well by sticking to regular meals with the correct nutritional variety, maintain healthy sleep habits, and engage in pleasant and relaxing activities.
6. Engage yourself in such activities which challenge your creativity and make you feel productive like writing, drawing, or something else of your interest.
7. Attend such online courses which enhance your professional abilities.
8. Ask for help from a colleague or expert when needed.

In order to promote the mental health of students and teachers, the schools can develop well-being policy or plan with a specific focus on promoting resilience among them. Students, teachers and schools may also be encouraged to visit the website <https://mhrd.gov.in/covid-19> of MHRD and avail of the tele-counselling services to be provided on National Toll-free helpline 8448440632 under the MANODARPAN initiative of MHRD to provide psychosocial support for mental health and emotional wellbeing of students, teachers and families during the COVID-19 outbreak and beyond.

## ROLES AND RESPONSIBILITIES OF DIFFERENT STAKEHOLDERS

### I. State Education Department

### II. School Heads

1. The Head of the Institution needs to create a preparedness plan for reopening of the school including physical/social distancing, health and hygiene, and teaching-learning based on the guidelines issued at the National and State levels. This detailed plan should be worked out with SMC members, local health authorities, and community leaders and depending on the availability of space, weather and Teacher Pupil ratio, etc. The plan may include the following:
  - a. The comprehensive academic calendar for conducting classes in the school as well at home.
  - b. Assessment and Examination plan for all the classes and subject areas.
  - c. A detailed plan for safe operation and safe stay of students and teachers in the school.
  - d. Sharing of this plan through Whatsapp or email or sanitized hard copy with teachers before reopening of school. Their feedback should also be sought.
  - e. Making a duty chart for every teacher besides their routine teaching-learning activities as follows:
    - One teacher can be assigned duty at the entry point of the school in the morning.
    - One teacher can stay at the exit point of the school during the closing of the school.
    - One teacher along with some selected senior class students on rotation can take continuous rounds for observing physical distance among children, their health, their sanitization, etc.
    - One teacher to observe mid-day meal cooking and distribution.
    - One teacher to talk to students on their queries on corona and to keep an eye on their mental health likewise- other teachers need also to be given other duties as per school requirement.
2. Calling every teacher on the mobile phone asking them, to prepare a new timetable based on the guidelines – for the execution of an alternative comprehensive calendar mentioned in an earlier section.
3. Collecting all the essential emergency contacts.

4. In case of most marginalized children having no technological tool at home for connecting to school, school heads can plan some innovative way to reach out to them to reduce the gap in their education with those who are using technological tools and can come to school.
5. Schools can create a dedicated task team and ensure adequate manpower is deployed for managing COVID related issues with teachers, members of the SMC, volunteers from the community for the implementation of a comprehensive plan for the reopening of the school.
6. Before reopening the school, the head needs to work with local health officials to execute the plan including actions for prevention and control of COVID 19.
7. All teachers and school heads must be made aware and sensitized of all aspects mentioned above through briefing, visuals, and ICT resources.
8. Maintaining cleanliness and hygiene in school premises and in school transport facility. Sarpanch (in rural areas) and NGOs or some corporate houses (in urban areas) can be roped into this endeavour.
9. It is advised that schools have greater collaboration with parents and enhance communication to obtain their support

### III. TEACHERS

Teacher may take the following steps:

1. **Before reopening of the school**
  - a. Prepare a comprehensive plan for subjects and classes he/she teaches and time-table as well as interesting activities for the execution of this plan. While preparing this plan, teachers need to keep in mind the arrangement being made by schools related to physical/social distancing and maintaining health and hygiene, as these need to be linked with the syllabus and learning outcomes.
  - b. Prepare posters on precautions related to COVID-19, on physical/social distancing, about COVID-19, etc.
  - c. Survey availability of technological tools (smartphone with the internet, television, radio, laptop, tablets, etc.) at the home of the students and their accessibility to students; parents'/guardian's or sibling's educational details, etc., and make a database of the same for the students of every class (this will help them make a plan of their study at school and home).
  - d. Develop flexible attendance and sick leave policies; discourage awards for perfect attendance.
2. **On re-opening of schools:**
  - a. Allow children to attend school with written consent of their parents.

- b. Advise, instruct, suggest, explain about the COVID-19, precautions to be taken, safe stay at home, commuting, etc., repeatedly by conducting fun activities involving students and focusing on learning outcomes even if they are awareness activities.
- c. Study alternative academic calendar by NCERT/SCERT for making classroom plans and also giving home tasks.
- d. In case of availability of technological equipment in the school, utilize the following resources:
  - e-contents and e-textbooks for students learning and for the professional development of teachers link: <https://ciet.nic.in/ict-initiatives.php?&ln=en>
  - Energized Textbooks and e-content through Diksha app and portal
  - DTH - TV channel of NCERT #31 Kishore Manch under SWAYAMPrabha network telecast video programmes based on Alternative Academic Calendar (AAC)
  - Local Radio and TV stations for the development and delivery of e-contents and sensitizing stakeholders on prevention of COVID-19.

Capacity building of teachers on use of these resources should be done through online modes like MOOCs, TV Channels, Web portals, and Apps.

- e. Make use of Flipped learning pedagogy where students have access to TV at home. The upcoming dedicated class wise TV channels can be used for that wherein students attend the TV programs at home and only discussions and formative assessment happens in class.
- f. Observe every child in the class continuously for physical health and mental health issues. In case of any symptom of this kind, parents may be informed and seek medical help for the child.
- g. Prepare and disseminate posters, banners, brochures, infographics, etc., on cyber safety and security to keep students safe in cyberspace. Cyber safety is an international concern.
- h. Maintain students' medical record including a history of infection of the disease in the family/community.

#### IV. PARENTS / GUARDIANS

Parents /guardians may take the following steps:

1. Provide written consent for their children to attend school if they wish to send to school.
2. Ensure that their ward goes to school wearing a mask and sensitise them not to exchange masks with others. Masks can be made at home also. Face masks made of cloth may be reused after thorough washing with soap. Disposal face masks are to be disposed safely.

3. Encourage their ward to wear full-sleeved clothes to minimize the interaction with any public surface.
4. Parents may take care not to send their ward to school if the child is not feeling well.
5. Drop and pick children from school, as far as possible. If sent by school bus then maintain physical/social distancing and ensure that everyone is wearing a mask.
6. Ask their ward to practice physical/social distancing at all times once she/he leaves home.
7. Clean and sanitize their ward's uniform and other belongings daily.
8. Ensure that their ward maintains personal hygiene such as bathing, brushing teeth properly twice a day (in the morning and before sleeping) and trimming of nails.
9. Provide two clean small napkins/clean cloth daily with their ward for wiping hands.
10. Give healthy food, fresh fruits, and clean water in their lunch box or send a tiffin box for mid-day meal and advise their ward not to share their tiffin and water bottle with others.
11. It is advisable that parents/guardians download the AAROGYASETU APP and let their ward commute only when the App shows safe and low-risk status.



## CHECKLIST FOR SAFE SCHOOL ENVIRONMENT

## I. Checklist for School Administrators, Teachers and other Staff

S. No.	Task	Yes/No
<b>A</b>	<b>Healthy Hygiene Practices are promoted and ensured</b>	
1	Students and Staff have been sensitized on good personal hygiene practices and proper hand washing technique ( minimum 40 seconds )	
2 ✓	Signages on Healthy Hygiene Practices have been displayed at prominent places in the school like classrooms, corridors, washrooms, reception area, etc. <ul style="list-style-type: none"> <li>• Stop handshaking – use other noncontact methods of greeting</li> <li>• Wash hands at regular intervals (wash for at least 40 seconds)</li> <li>• Avoid touching face cover coughs and sneezes</li> </ul>	
3	Adequate, clean and separate toilets for girls and boys	
4 ✓	Soap and safe water are available at age appropriate hand washing stations	
5 ✓	Key supplies like thermometers ( calibrated contact-less infrared digital thermometer), disinfectants, soaps, hand sanitizers, masks, etc., are available in adequate quantity in the school	
6	Health and hygiene lessons are integrated in every day teaching	
7 ✓	School building, classrooms, kitchen, water and sanitation facilities, school transport facilities, surfaces that are touched by many people (desks, railings, door handles, switches, lunch tables, sports equipment, window handles, toys, teaching learning material etc. are cleaned and disinfected at least once a day	
8	Adequate cleaning staff is available in the school	
9	There is enough air flow and ventilation in the school premises	
10	Regular health screening of all staff and students in the school	
11 ✓	Trash is removed daily and disposed of safely	
12 ✓	There is full time nurse or doctor and counsellor available in the school.	
13	The school has tie up with the nearby hospital for dealing with emergency.	

<b>B</b>	<b>Physical / Social distancing Measures have been implemented</b>	
1	School arrangements have been adjusted to avoid crowded conditions.	
2	Enough space has been created between the desks of the students.	

## 2. Checklist for Parents

S. No.	Task	Yes/No
1	Regular monitoring of child's health.	
2	Keeping of child at home if s/he is ill or has any specific medical condition that may make them more at risk.	
3	Teach and model good hygiene practices at home. <ul style="list-style-type: none"> <li>• Wash your hands with soap and water frequently or use an alcohol-based hand sanitizer with at least 70% alcohol</li> <li>• Ensure availability of safe drinking water</li> <li>• Ensure clean and safe toilets at home</li> <li>• Ensure safe collection, storage and disposal of waste</li> <li>• Cough and sneeze into a tissue or your elbow and avoid touching your face, eyes, mouth, nose</li> </ul>	
4	Ensure emotional safety of your child through different means.	
5	Prevent stigma by using facts and teach your children to be considerate of one another.	
6	Coordinate with school to receive information.	
7	Offer support to the school to strengthen school safety efforts.	

## 3. Checklist for Students

S. No.	Task	Yes/No
1	You avoid stressful situation by talking and sharing with others and help keep yourself and your school safe and healthy.	
2	You protect yourself and others by: <ul style="list-style-type: none"> <li>• Washing hands frequently, always with soap and safe water for at least 40 seconds</li> </ul>	

	<ul style="list-style-type: none"> <li>• Not touching face</li> <li>• Not sharing cups, eating utensils, food or drinks with others</li> </ul>	
3	<p>You act as a leader in keeping yourself, your school, family and community healthy by:</p> <ul style="list-style-type: none"> <li>• Sharing what you have learnt about preventing disease with your family and friends, especially with younger children</li> <li>• Model good practices such as sneezing or coughing into your elbow and washing your hands, especially for younger family members.</li> </ul>	
4	You don't stigmatize your peers or tease anyone about being sick.	
5	You tell your parents, another family member, or a caregiver, if you feel sick, and ask to stay home.	

#### REFERENCES:

1. [https://www.mha.gov.in/sites/default/files/MHAOrderDt\\_30092020.pdf](https://www.mha.gov.in/sites/default/files/MHAOrderDt_30092020.pdf)
2. <https://www.mohfw.gov.in/pdf/ImmunityBoostingAYUSHAadvisory.pdf>
3. <https://nroer.gov.in/welcome>
4. <http://epathshala.nic.in/https://diksha.gov.in/>
5. <https://www.india.gov.in/spotlight/fight-against-covid-19><https://www.mygov.in/>
6. <http://ncert.nic.in/aac.html>
7. <https://www.youtube.com/playlist?list=PLUgLcpnv1YieVc-Epsww-enrBFIntgBh>

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