

C 032 (2025-2026)

29/07/2025

To,

Parents of Grade 1-5

Ref- Health Advisory – Precautionary Measures

Dear Parents,

We hope this message finds you and your family in good health.

We would like to bring to your attention a noticeable rise in flu-like symptoms among learners, particularly in younger grades. Several children have been experiencing symptoms such as fever, sore throat, and body aches, which may be indicative of a seasonal flu outbreak. Moreover, since learners have just returned to school after the summer vacation and their bodies are adjusting to longer school hours in case of younger grades, their immunity might be temporarily lowered, making them more susceptible to such seasonal illnesses.

As always, the health and well-being of our learners remain our top priority. Therefore, we kindly ask for your continued cooperation with the following precautionary measures:

1. Home Rest for Unwell Learners

If your child has a fever, sore throat, cough, or appears unwell, please keep them at home until they are fully recovered and have been symptom-free for 24 hours without the use of any medication.

2. Watch for Symptoms

Please keep a close eye on your child's health and consult a doctor if necessary, especially if they've been around someone unwell.

3. Swimming on Hold

Swimming and Aqua Sports classes across grades will be temporarily suspended for one week as a precautionary measure. Call for resumption of swimming sessions will be taken closer to 5th August 2025. These sessions will turn into immersive Homeroom sessions.

4. Hygiene and Sanitization:

The school already follows heightened hygiene and sanitization which will be further enhanced simultaneously reinforcing hand hygiene and respiratory etiquette, including washing hands and covering coughs.

With reference to the medical leave information in the Parent Handbook, please refer to point no. 3

On resuming school after any sick leave period of 3 or more days, the parent must email a medical certificate and a letter explaining the nature of the illness before school resumption.

We appreciate your understanding and support as we work together to maintain a healthy and safe environment for our school community.

Warm Regards,

The Management Team
JBCN International School, Parel