



Medical Team Monthly Health Newsletter - April 2026

Theme: Healthy Start for a New Academic Year

Dear Parents,
Greetings from the School Medical Team!
As we begin a new academic year, April is the perfect time to establish healthy routines that will support students' growth, learning, and overall well-being throughout the year.



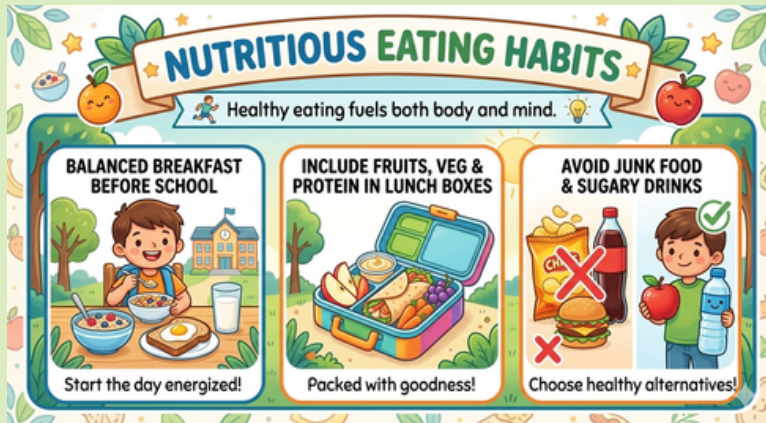
Importance of a Healthy Routine



A structured daily routine helps children stay active, focused, and emotionally balanced. Ensure your child:

- Gets 8-10 hours of sleep daily
- Eats meals on time
- Balances study and play

Nutritious Eating Habits



Healthy eating fuels both body and mind.

- Provide a balanced breakfast before school
- Include fruits, vegetables, and protein in lunch boxes
- Avoid junk food and sugary drinks

Stay Hydrated



With rising temperatures, hydration is essential.

- Encourage your child to carry a water bottle
- Teach them to drink water regularly, even if not thirsty

Personal Hygiene Matters



Good hygiene prevents infections and keeps children healthy.

- Regular handwashing with soap
- Daily bathing and clean uniforms
- Keeping nails short and clean

Physical Activity



- At least 60 minutes of physical activity daily is recommended.
- Outdoor play, sports, or simple exercises help in maintaining fitness and reducing stress.

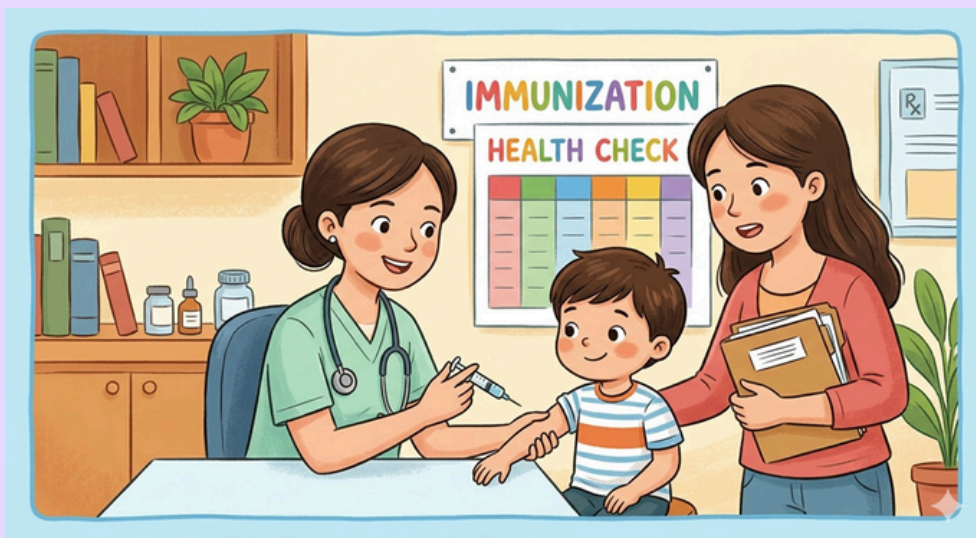
Emotional Well-being



Starting a new class can bring excitement and anxiety.

- Talk to your child about their feelings
- Encourage open communication
- Support them in adapting to new routines

Vaccination & Health Check



Ensure your child's vaccinations are up to date. Inform the school medical team of any health concerns or ongoing treatments.



Reminder for Parents



Kindly inform the school nurse about:
Any medical conditions
Allergies
Medications your child is taking

Let us work together to ensure a healthy and successful
academic year for all our students.
Stay healthy and safe!

Warm regards,
School Medical Team
DPS Modern Indian School