



Ref: LBVM/ADMN/SW/2026-27/067

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Important Advisory for Teachers

Dear Teachers,

Your health and safety remain our top priority, as they directly influence the quality of education and the well-being of our students. Please go through the following advisory carefully and adopt these practices in your daily routine.

1. Helmet Mandatory for Two-Wheeler Riders

All staff members commuting to school by two-wheeler must wear a helmet while driving. Safety rules are non-negotiable and must be followed strictly for your own protection.

2. Health Check-up for Staff Above 30

Teachers above 30 years of age may visit **Jeevan Rekha Diagnostic** for a Haemoglobin test. A special concession will be provided upon showing your valid school ID card. Early detection of deficiencies can prevent long-term health issues.

3. Carry a Water Bottle Inside the Classroom

With the summer session in full swing, please carry a personal water bottle inside the classroom and keep yourself hydrated throughout the day. Dehydration can lead to fatigue, headaches, and reduced concentration.

4. Eat and Drink Healthy

Consume nutritious meals, seasonal fruits, and healthy beverages. Avoid oily, sugary, or processed foods during school hours. A balanced diet keeps your energy levels stable and strengthens your immunity against seasonal illnesses.

5. Avoid Consumption of Tobacco Products (If Any)

In the interest of your personal health and to maintain a positive school environment, all staff members are strongly advised to avoid the use of any form of tobacco products (smoking, chewing, etc.). Your role as an educator makes you a role model for students.

6. General Summer Health Precautions

Stay properly hydrated, take short breaks when possible, and avoid overexertion during peak heat hours. Do not ignore signs of weakness, dizziness, or fatigue. Seek medical attention if needed.

7. Health and Teaching Effectiveness

Good health is essential for maintaining regularity and effectiveness in teaching. Frequent illness leads to increased leaves, which disrupts classroom continuity and negatively affects students' learning progress.

(Handwritten Signature)

Auth. Sign

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