

## **BETTER TO BE SAFE THAN TO BE SORRY!**

Dear Parents,

It feels great to work with such wonderful parents who are ready to collaborate with the institution to educate their children in the best possible manner. We have been sending various newsletters across but the topic covered in this newsletter is by far one of the most important of all!

Safety cannot be ignored at any cost and when it comes to children, then it becomes of utmost importance. As an educational institution we are trying to leave no stone unturned in keeping our children safe and free from all the dangers but we need to partner in this crusade. No doubt, as parents you are trying to keep every danger at bay but at times we tend to overlook or we mistakenly ignore few of the important aspects of safety because of which we find ourselves in situations for which we are sorry about later. Children do not understand or perceive danger as we do, they see things from their innocent eyes which may land them in danger so as a responsible **ADULTS** in their life it's our duty to make them aware. Let's take a vow to make every child safe and let us stand true to their belief that, they are in safe hands!

**TALK TO CHILDREN:-** Talk to your children about **safe** and **unsafe** touching rather than **good** or **bad** touching. This removes guilt from the child and keeps them from having to make a moral distinction about what is and is not appropriate. Discuss body safety with your children and teach the difference between healthy and unhealthy secrets. Children are often afraid to tell their parents out of fear of punishment, so it is important for child that they should keep telling until someone helps them.

- **STRANGER DANGER:-** It is a warning that all strangers can potentially be dangerous. It is a moral panic that people experience regarding anyone that they are unfamiliar with in society. The concept has been criticized for ignoring that most child abduction and harm result not from strangers, but rather from someone the child knows.
- ( बस ट्रेन या किसी नयी जगह पर खाने पीने की वस्तु का किसी अनजान व्यक्ति से लेन देन ना करें।
- **HOUSE HOLD SAFETY:-** An accident or injury can occur in any part of your home. Home safety refers to awareness and education of risks and potential dangers in and around a home which may cause bodily harm, injury. It includes mitigating or preventing the unwanted dangers through testing, research and accepted standards of applications and practices.

हम हमेशा सोचते हैं कि दुर्घटना सिर्फ बाहर ही हो सकती है किंतु घर के अंदर भी कई जानलेवा जोखिम छुपे रहते हैं। अतएव हमें घरेलु उपचार के लिए भी सजग रहना चाहिए।

**FIRST AID:-** Rinse the injury site with tap water for about 10 minutes. If the child feels chilled, stop rinsing. Apply ointments or other natural remedies like mint toothpaste on the injured sites. Do not tear off any burned clothing that sticks on the injured site.

कभी-कभी बच्चे गर्म पानी, आग से जल जाते हैं या फिर उन्हें विद्युत उपकरणों से बिजली के झटके लग जाते हैं। इन परिस्थितियों से बचने के लिए बच्चों को यह समझाना चाहिए कि वे रसोईघर में अकेले न जाएँ, माचिस, छुरी-चाकू या किसी भी धारदार वस्तुओं को हाथ न लगाएँ, बिजली के तारों को ऊँचाई पर सलीके से लगाएँ ताकि बच्चे उन्हें छू न सकें। ऐसा कर आप कई होने वाली बड़ी छोटी घटनाओं को टाल सकते हैं।

### **TAKE PROPER NUTRITION TO BE HEALTHY**

Nutrition is the science that interprets the interaction and other substance in food in relation to maintenance, growth, reproduction, health and disease of an organism. It includes food intake absorption, assimilation, biosynthesis, catabolism and excretion. In human, an unhealthy diet can cause deficiency related disease. The human body requires seven major types of nutrients. Not all nutrients provide energy but are still important. As molecular biology, biochemistry and genetics advance, nutrition has become more focused on metabolism and metabolic pathways. Nutrition also focuses on how diseases, condition and problems can be prevented or reduced with a healthy diet.

**TALK TO CHILDREN:-** Educating child about good nutrition from an early age helps them create and maintain a well balanced, healthy life. Teaching child can also help in minimize the health concerns that are associated with a poor diet. Making these smart healthy choices everyday is very important to stay well, healthy and happy.

### **MACRONUTRIENTS**

The macronutrients are carbohydrates, fibre, fats, protein and water. The macronutrients provide structural material and energy.

### **CARBOHYDRATES**

Carbohydrate constitute a large part of foods. It is believed to be absorbed quickly and therefore to raise blood-glucose levels more rapidly than complex carbohydrates. The human body requires seven major types of nutrients. Not all nutrients provide energy but are still important. As **molecular** biology, biochemistry and genetics advance, nutrition has become more focused on metabolism and metabolic pathways. Nutrition also focuses on how diseases, condition and problems can be prevented or reduced with a healthy diet.

## **FAT**

A molecule of dietary fat typically consists of several fatty acids, bonded to a glycerol. Fat is one of the three main macronutrients, along with carbohydrate and protein. It also provides use energy to work. Protein can be found in all cells in the body, especially muscles.

## **PROTEIN**

It is structural materials in much of the animal body. They also form enzymes that control chemical reaction throughout the body.

**Teach the children so it will not be necessary to teach the adults. There are a few questions that will help you assess your child' safety and awareness. Kindly fill and submit at school.**

<b>Name of the child -</b>		<b>R.NO.-</b>	<b>Date-</b>
<b>Father's Name-</b>		<b>Mobile NO.-</b>	
<b>1. Does your child know how to keep himself/herself self safe when nobody is at home?</b>			
No, always lands himself in trouble	Yes, takes proper care of himself/herself but sometimes careless	Always, very attentive and careful	
<b>2. On a scale of 1 to 10, with 10 being highest , how much do you think the safety week has left a mark on your child?</b>			
0 to 4	5 to 7	Above 7	
<b>3. Does your child knows what to eat when he/she is in fever?</b>			
Yes, they know	No, they don't have idea	Have little knowledge	
<b>4. Does your child follows traffic rules and keep his hand inside the vehicle and never disturb the driver?</b>			
Yes, always remember to obey	Needs reminders for the travelling safety rules	No, doesn't obey even after reminders	
<b>5. Does your child eat only nutritional food when they go outside?</b>			
Yes, always have only nutritional food	No, they never have nutritional food	They have after reminder	
<b>6. Do you supervise the content your child eats during school time.</b>			
Yes, once in a week	Yes, once in a month	No, we never supervise	

