

**To:** City Private School Parents

**Date:** 09<sup>th</sup> April, 2025

**Subject:** Importance of personal hygiene for students

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Dear Parents/Guardians,

As we navigate through this academic year, the health and well-being of our students remain our top priority. With this in mind, we would like to emphasize the significance of personal hygiene and its role in maintaining a healthy school environment.

### **Why is Personal Hygiene Important?**

Good personal hygiene practices are essential for preventing the spread of illnesses, including common colds, flu, and more serious infections. By teaching our students about the importance of personal hygiene, we aim to instill lifelong habits that will benefit them both now and in the future.

### **Key Personal Hygiene Practices for Students:**

- Handwashing: Wash hands frequently with soap and water for at least 20 seconds, especially after using the restroom, before eating, and after coughing or sneezing.
- Coughing and Sneezing Etiquette: Cover the mouth and nose with a tissue or elbow when coughing or sneezing, and to dispose the tissues properly.
- Regular Bathing/Showering: Bathe and shower regularly to maintain cleanliness and prevent body odor.
- Dental Care: Brush teeth twice a day and floss regularly to maintain oral health.
- Clean Clothing: Wear clean clothes and change their socks and underwear daily to prevent the spread of bacteria and fungi.
- Hair hygiene: The hair to be clean and free from lice. In case of lice infestation use anti lice shampoo treatment as early as possible to avoid spread among other students.



Regards,  
City Private School – Clinic.