



SHARJAH INDIAN SCHOOL

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OUR VISION

Educate Enlighten Empower

13th June 2020

Dear Parents,

Greetings from Sharjah Indian School.

Hope you all are keeping well, staying at Home, Staying Safe and taking care of our Students.

Our distance learning is in full swing; we are receiving lots of positive feedback and some concerns too and modifying our functioning accordingly.

In this pandemic situation of Covid-19, we at Sharjah Indian School putting our wholehearted efforts to ensure continuity and momentum of learning for our students considering their age, need & requirements, pace & speed along with their safety, security and well-being. Our teachers are working 24*7, actually it's their efforts, your cooperation and support of our Governing body which is making the e-learning a grand success.

In continuation of our efforts to ensure well-being of our students, we are informing to you some more suggestions from one of the renowned ophthalmologists to be followed.

We are already following the same during our ongoing e-learning classes, it's just to update you on the same. Kindly find here with to reassure that we all as a team have to ensure the same and you as a parent being the partner in this successful journey have to extend your cooperation, feedback and involvement by staying tuned with us and paying the tuition fee of your child well in time.

Looking forward to seeking your cooperation and support.

With warm regards

**PRAMOD MAHAJAN
PRINCIPAL**



In this pandemic era, online education is the path ahead for our kids.

All of us ponder -

Will my child get eye strain / spectacle number due to it?

How can I keep his/her eyes healthy and continue with his online lessons?

Bigger screens

- Ipads / laptops / tablets are always better than smartphones



Position of device and posture

- Place laptop etc, on a table than in lap
- Screen should be preferably 10 to 30 degrees below eye level , so there is no neck strain
- Distance from screen should be 1 and ½ feet to 2 feet
- Back straight



Turtling of back

- Hunch in back due to constant slouching



Maintain the distance

- Smaller kids have the habit of drifting closer and closer to the screen over time.
- Mums, please supervise them



Conscious blinking

- ❑ Constant staring at screen,
Causes us to blink less frequently, which is natural.
- ❑ Make conscious effort to blink frequently
- ❑ It refreshes our eyes and our attention.
- ❑ Normal blink rate- 12 to 15 times a minute.



Timing and taking breaks

- Ideally , a session should be of 30 to 40 min at a stretch
- Encourage a 5 to 10 minutes break after each session
- Child should move **AWAY** from screen



‘5 times’ the poem

Stretch yourself 5times.

Roll your head 5times.

Roll your wrists 5 times.

Look outside the window,
and count 5 objects you see.

Drink sips of water 5times.

5 times you jump like little
Jack.

And teacher is here, we got
to run back.



Brightness settings

- Adjust it for your child before the session
- Too bright – unwanted glare
- Too dim – child has to peer , unwanted eye strain
- Apps like ‘flux‘ may be of use.

Wear spectacles

- If your child is using spectacles, make him wear them
- ‘Anti-reflective ‘coating helps cut off the blue light from LED devices
- For older children who use contact lenses , remember using specs while studying at home is wiser



Healthy diet

- Mangoes, papaya, carrots-
Vitamin A
- Broccoli – antioxidants, carotenoids
- Dry fruits like almonds , walnuts , pistachios -
Vitamin C and E
- Spinach – antioxidants
- Egg yolk –antioxidants
- Fish – omega -3FAs



Other points

- Cut down on screen time for entertainment purposes like watching cartoons etc.
- Physical activity – yoga, aerobics etc
- Sleep – Adequate sleep of 8 to 10 hours is essential.

“STAY HOME, KEEP LEARNING”

Pramod Mahajan

Principal,

Sharjah Indian School