



**QUIET INDIA**

Healthier India

# School Toolkit

## A Practical Guide & Toolkit for Noise-Free Learning Spaces

### 1. Why Noise-Free Schools Matter

- **Learning:** Clearer classrooms enhance focus and improve student performance.
- **Well-being:** Reduces stress, anxiety, and distraction for both students and teachers.
- **Healthy Growth:** Supports better sleep cycles, concentration, and emotional development in children.

### 2. Identifying Sources of School Noise

**External Noise:** Traffic, construction, vendors, nearby industries.

**Internal Noise:** Loud corridors, playgrounds, PA systems, canteens, and echoing classrooms.

### 3. Soundproofing & Infrastructure Solutions

#### A. Quick Fixes (Low-Cost)

- Use soft boards and curtains in classrooms.
- Install rubber caps on chair and desk legs.
- Create quiet zones in libraries and study halls.
- Limit use of loud bells or replace with softer tones.

#### B. Long-Term Investments

- Acoustic ceiling tiles & insulated classroom walls.
- Noise-buffering fences, trees, and greenery around the school.
- Separate activity/play areas from study zones.
- Upgraded PA systems with controlled volume.



#### 4. Lifestyle & Behavioural Adjustments

- Train students on quiet corridor movement.
- Introduce “ Silent Study Periods” daily.
- Encourage low-noise celebrations (no crackers, controlled sound).
- Teachers to use voice amplification tools instead of shouting.

#### 5. Toolkit for Schools

##### Do-It-Yourself Tools

- Noise Meter App: Record decibel levels during classes.
- Classroom Quiet Log: Teachers and students track quiet hours.
- Checklist: Inspect furniture, windows, and doors for noise leaks.

##### Community Tools

- Student Awareness Campaigns (posters, skits, debates on noise).
- Quiet Campus Pledge signed by staff, students, and parents.
- Reporting Channels for noise issues within and around campus.

#### 6. When to Seek Professional Help

- Classrooms near busy roads needing acoustic barriers.
- Schools planning auditoriums, labs, or libraries with strict noise control.
- Noise complaints from parents or community.

Hire educational acoustic consultants for school-specific solutions.

