ST. VIVEKANAND PUBLIC SCHOOL

CIRCULAR

Subject: Health & Safety Precautions During Summer Heat Wave

Dear Parents and Guardians,

As you all know weather has changed. Summer has approached but the urge of children to play outside has not. They still run, laugh, sweat, and keep going on bothered by heat and dust; honestly we should not stop them. These are the golden memories they will carry forever but while we let them live in these moments, it is our job to make sure they are cared for- protected from the sun, nourished and hydrated.

As the temperatures continue to rise and a heat wave has been forecast in our region, the safety and well-being of our students—especially our young primary children—remains our top priority.

To ensure a safe and comfortable environment during this period, we kindly request your cooperation with the following guidelines:

1. **Hydration is Key**
   Please ensure your child carries a water bottle to school every day. We encourage students to drink water regularly.

2. **Light & Comfortable Clothing**
   Dress your child in light-colored, breathable cotton clothes. Hats or caps are recommended for sun protection during outdoor movement.

3. **Adjusted Outdoor Activities**

   All strenuous outdoor activities will be minimized or rescheduled to cooler parts of the day. Students will be encouraged to stay indoors during peak heat hours.

4. **Nutritious, Cooling Snacks**
   Kindly pack light and healthy snacks that help keep the body cool (e.g., fruits like watermelon, cucumber, or curd-based items).

5. **Early Signs of Heat Stress**
   Teachers are briefed to monitor students for any signs of heat exhaustion (such as dizziness, fatigue, or excessive sweating) and will take immediate action if needed.

6. **Timely Pickup**
   If your child is not availing school transport, we request timely pickup to avoid long exposure to the heat.

We appreciate your support in keeping our children safe and healthy. Let's work together to ensure their comfort and well-being during this hot season.

Warm regards,
Dr. Jagdish Sharma