



**CIRCULAR**

**Subject: Precautions in heat wave**

**SJS/ 014/ Cir./ 2024-25**

**Dear Parent,**

**8<sup>th</sup> May 2024**

To nourish the child's mental and physical health, we are apprising the parents on keeping a check on the student's heat related illnesses and problems. SJS is taking keen initiative in bringing awareness in children regarding drinking of water regularly to keep themselves hydrated, with the following precautions:

- The water tank is regularly cleaned and monitored by the school authorities and third part as well for making clean drinking water available for them to drink.
- Children are regularly sent for refilling water.
- Reminders in the classes are announced by the teachers to drink water regularly.
- Outdoor activities are minimized, especially at the time of too much heat.
- Students are also sensitized to drink water at regular water bells, consuming more fruits, along with using caps, and sun tan lotions to protect them from radiations.
- The school Infirmary is updated with ORS and glucose solutions, and is readily available for the students as and when required.

Parents are also requested to guide the students at home and take precautions. You can also send glucose, lemon water, tang, etc. beverages in their water bottles. Students can also carry caps to school to wear in the sun (especially at the time of dispersal, and preferably blue-coloured caps.)

Let us together take care of the children by sensitizing them about hydration and taking care of oneself and of the students in this heat wave.

**With warm regards,**

**Mrs. Sonia Wadhwa  
Headmistress  
SJS, Naraina**