

Circular 9/2026

Dear Parents,

Greetings!

In view of the ongoing heat wave and in accordance with the guidelines issued by the Directorate of Education, you are requested to take necessary precautions to ensure the safety and well-being of your ward.

Kindly note the following important instructions:

1. Hydration and Fluid Intake:

Ensure that your child carries a water bottle to school every day. Encourage them to drink water at regular intervals. Teachers and class monitors have also been instructed to remind students periodically to stay well hydrated.

2. Personal Hygiene and Care:

Maintain proper personal hygiene. Daily bathing is essential to help children remain fresh and moisturised to cope better with the extreme heat.

3. Health Awareness and Monitoring:

Remain alert to symptoms of heat-related illnesses such as dizziness, weakness, headache, nausea, or excessive sweating. Kindly do not send your child to school if he/she is unwell.

4. Balanced and Nutritious Diet:

Provide light and nutritious home-cooked meals. Include fresh fruits and avoid oily or heavy food during this period. Students are advised to carry fruits for consumption during the break.

5. Safety Awareness and Preventive Measures:

Talk to your child about the importance of staying hydrated, avoiding direct sunlight, and informing teachers immediately if they feel unwell. Also ensure that your child takes adequate measures to protect themselves from direct exposure to the sun.

6. Eye Care and Limiting Mobile Usage:

Prolonged exposure to heat and screens can lead to dryness of the eyes, especially affecting the **tear film and cornea (the front surface of the eye)**. This may cause irritation, redness, a burning sensation, and even headaches due to eye strain. Parents are advised to ensure that children avoid use of mobile phones. If required, limit the mobile usage and encourage frequent breaks from screens to prevent eye strain and dryness.

The school is also taking all necessary steps, including limiting outdoor activities, ensuring the availability of drinking water, and spreading awareness among students.

We seek your cooperation in reinforcing these measures at home to safeguard our children during this period of extreme heat.

Regards

Principal