



Circular No: May/2024-25/TSS/020

Date: 4/05/2024

**Circular for classes (Nur-XII)**

**Important Advisory: Preventing Heat – Related Illness (HRI)**

Dear Parents/Guardians,

As we enter the warmer months, it's crucial to be mindful of the risks associated with heat-related illness (HRI), specially for our students who are engaged in outdoor activities. The Safety and well being of our students are our top priorities, and we are committed to ensuring a healthy environment for learning and recreation.

With reference to the circular No: DE.23(20)/SchBr/SHP/2023-24/25-29 dated 29/04/2024 here are some essential guidelines to prevent heat-related illness and keep our students safe:

1. **Sun Protection:** Encourage your child to wear cap or other traditional gears , use umbrella during direct exposure to sunlight: ie while leaving/coming to schools during day time.
2. **Know the signs of Heat related illnesses:** Educate yourself and your child about the symptoms of heat –related illness, including heat exhaustion and heatstroke. Symptoms may include excessive sweating, dizziness, nausea, headache, rapid heartbeat, and confusion. If your child exhibits any of these signs, seek medical attention immediately.
3. **Hydration:** Encourage your child to drink plenty of water throughout the day, specially before, during, and after physical activities. Dehydration is common risk factor for heat-related illnesses,so it's essential to stay hydrated.
4. **Time Outdoor Activities Wisely :** Avoid outdoor activities during hottest parts of the day. If outdoor activities are scheduled during these times,ensure frequent breaks in shaded areas.
5. **Stay informed:** Keep an eye on weather forecasts and heat advisories.Be prepared to adjust outdoor activities or take additional precautions based on weather conditions.

By working together and staying vigilant, we can create a safe and healthy environment for our students to thrive. Thank you for your cooperation and partnership in promoting the well-being of our school community.

Regards

Vice Principal