



Circular no: SMSSS/15/April 2026

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Ensuring Student Safety During Heat Wave – Preventive Measures & Guidelines

Dear Parents

In view of the ongoing heat wave conditions, the school is taking all necessary preventive measures to ensure the safety and well-being of our students.

- **Every period change bell is treated as a hydration reminder**, encouraging children to take small, regular sips of water throughout the day.
- **Safe drinking water** (both cold and normal) is readily available across the campus.
- Students are guided to follow a **“No Empty Bottle”** practice before dispersal.
- Awareness sessions are being conducted on **heat safety**, including early signs of dehydration, appropriate uniform, and minimising sun exposure.
- Students are also being sensitised towards **healthy hydration practices**, including natural cooling options.

Our approach remains preventive, participative, and focused on building safe and healthy habits among students.

How You Can Support at Home

- Please ensure your child carries a **filled water bottle** daily.
- You may send **ORS water / lemon water**, if suitable.
- Encourage your child to carry **seasonal fruits** (like watermelon, cucumber) for fruit break.
- Guide children to **drink water at regular intervals**, even if they do not feel thirsty.
- Advise children to **avoid prolonged sun exposure** and stay indoors during peak afternoon hours.
- Reinforce basic signs of dehydration (fatigue, dizziness, headache) and encourage them to report immediately if unwell.

Together, we can ensure our children remain safe, healthy, and well-prepared during the summer months.

Warm Regards
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Principal



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