



Iqra Educational Institute

SDA Colony Bemina, Srinagar

Heat Wave Precautions

Circular No.: Ext-12-2024-25

Dated: 27-05-2024

In view of the abrupt rise in temperature the children need to take care of themselves to avoid any dehydration problems. As such parents are informed to follow the instructions given as under:

- **Keep the children well hydrated by providing them enough water for drinking at home.**
- **Keep with them a small bottle of 200ml for carrying portable water, (water is available in the institution)**
- **Cultivate the habit of taking fresh fruits.**
- **Avoid heavy meals at a time.**
(Avoid frequent use of potatoes, eggs, dals as these products are heavy to digest. Avoid stake foods and junks.
- **Avoid exposure to direct sunlight for long periods of time.**
- **Add pinches of salt , glucose or ORS to their drinking water to compensate loss of salts due to sweating.**
- **Don't allow your children to come to school empty stomachs.**
Cultivate the habit of breakfast in the morning.

MANAGER
I.E.I

Copy to:

1. School Website
2. All Whatsapp Groups (Students)
3. Notice Board
4. Record File