



Heat Wave Precautions

In view of the ongoing heat wave and the sudden rise in temperature, it is essential to take preventive measures to ensure the well-being of our students. Parents are kindly requested to strictly follow the guidelines below to help children stay safe, healthy, and comfortable during this period:

Precautionary Guidelines for Students:

1. Ensure your child stays well-hydrated by drinking adequate water at home and throughout the day.
1. Send a small, leak-proof water bottle (minimum 200ml) with your child daily. (Drinking water is also available at school.)
3. Encourage the daily intake of fresh fruits like watermelon, oranges, cucumbers, etc.
4. Avoid sending children with heavy or oily meals. Prefer light, healthy, and nutritious food in the lunchbox.
5. Do not send food that spoils quickly in heat (e.g., curd rice, mayonnaise sandwiches, etc.).
6. Avoid packing stale or junk food.
7. Apply mild sunscreen or protective cream on your child's exposed skin (if sensitive to sunlight).
8. Provide a school cap for your child to wear during outdoor activities.
9. Add a pinch of salt, glucose, or ORS to their drinking water to help compensate for salt loss due to sweating.
10. Ensure your child eats a healthy breakfast before coming to school please do not send them on an empty stomach.
11. If your child shows any signs of heat exhaustion (e.g., headache, fatigue, excessive sweating, or dizziness), please inform the school and seek medical advice.
12. Strictly follow the school timetable and avoid giving extra books or any non-essential items in the school bag. Lighter bags help children feel more comfortable during hot weather.

Note: If your child complains of stomach ache, upset stomach, abdominal pain, or any other health issue, kindly trust your instincts and consult a doctor. Do not send your ward to school when unwell.

Your cooperation and care during this time are vital in ensuring the health and safety of all our students. Let's work together to support them in staying safe, comfortable, and healthy throughout the heat wave.

Manager
Iqra Educational Institute

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1. Website
2. All Whatsapp Groups
3. Notice Board
4. Record file