SHAHEED RAJPAL DAV PUBLIC SCHOOL, DAYANAND VIHAR, DELHI

SRDAV/2026-27/01 **Dated: April 25, 2026**

Dear Parents,

In view of the ongoing heat-wave and as per 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. **Adequate Hydration:**

   Ensure that your child carries sufficient drinking water to school every day. Encourage them to drink water regularly to stay hydrated.

2. **Personal Hygiene:**

   Maintain proper personal hygiene. Daily bathing is essential to help children stay fresh and reduce the impact of extreme heat.

3. **Health Monitoring:**

   Be vigilant for symptoms of heat-related illnesses such as dizziness, weakness, headache, nausea, or excessive sweating. **Do not send your child to school if he/she is unwell.**

4. **Healthy Diet:**

   Provide light and nutritious meals. Include fruits and avoid oily and heavy food during this period. Please note that a fruit break is being provided to students in school to ensure they eat and stay energized during the day. **Students must carry fresh fruits to be consumed during this fruit break.**

5. **Awareness and Preparedness:**

   Talk to your child about the importance of staying hydrated, avoiding direct sunlight, and informing teachers immediately if they feel unwell. **Ensure your child carries a cap to school to protect themselves from direct sunlight.**

The school is also taking all necessary steps, including limiting outdoor activities, ensuring drinking water availability, 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

Vinita Kapoor
Principal