

**Circular**

**As the day time temperature crosses more than 40 degree Celsius during summer season. This causes bad effects to the health of children studying in the school. This leads to heat related illnesses like exhaustion, dehydration, diarrhea and vomiting. Since children are one of the most vulnerable groups so a few steps need to be taken to contain the effect of heat and heat related illnesses.**

- 1. Parent should provide one bottle of water, a bottle of lemonade/ ORS/ Gulucon-D Solution and food to their wards to maintain the hydration.**
- 2. Parents should ensure that heads of their wards are properly sensitize (use umbrella, hat, cap and other traditional head gears) during direct exposure to sunlight while leaving/ coming to school in day time.**

**Principal**