



PANCHSHEEL PUBLIC SCHOOL

10+2 Senior Secondary School (Affiliated & Recognized by CBSE)

Jaitpur, Badarpur, New Delhi-44

Ph. : 26666573, 9910038384

Circular No. PPS/Cir/2026 -27/016

Dated: 26/04/2026

School Id : 1925298

Subject: Heatwave Protection Advisory for Students & Parents

Dear Parents,

In view of the rising temperatures and prevailing heatwave conditions, we seek your cooperation in ensuring the safety and well-being of our students. Kindly adhere to the following guidelines:

Keep Children Hydrated

- ★ Ensure your child drinks plenty of water throughout the day, even if not thirsty.
- ★ Encourage intake of fresh fluids such as lemon water, coconut water, buttermilk, ORS, and homemade juices.
- ★ Avoid soft drinks, caffeinated, and sugary beverages.

Avoid Outdoor Exposure

- ★ Children should not play outdoors between 12:00 noon and 4:00 p.m.
- ★ Avoid unnecessary travel during peak heat hours.

Dress Comfortably

- ★ Send children in loose, white cotton shirts.
- ★ Provide cap/hat, handkerchief, or umbrella for protection from the heat.

Provide Nutritious Light Food

- ★ Include fresh fruits such as watermelon, cucumber, orange, and muskmelon in their diet and for the fruit break.
- ★ Avoid stale, oily, spicy, or heavy food items.

Maintain a Cool Indoor Environment

- ★ Keep rooms well-ventilated and cool.
- ★ Use curtains, fans, coolers, or air-conditioning as needed.

Watch for Signs of Heat Stress

If your child shows any of the following symptoms, seek immediate medical attention:

- ★ Excessive sweating or absence of sweating
- ★ Weakness or dizziness
- ★ Headache
- ★ Vomiting
- ★ High fever
- ★ Fainting

School Readiness

- ★ **Ensure that your ward has a proper breakfast before coming to school.**
- ★ **Students must carry water bottles. You may also send ORS, Glucon-D or similar drinks to prevent dehydration.**
- ★ **Ensure your child carries a cap/towel or umbrella for protection from the heat.**
- ★ **Do not send your child to school if unwell; inform the school accordingly.**
- ★ **Never leave children alone in parked vehicles, even for a short duration.**

Important Note

Kindly stay connected through the class WhatsApp groups and immediately inform the school of any concern.

For us, every child is precious, and every student's well-being is paramount. The school remains fully committed to ensuring a safe, responsive, and caring environment.

Your cooperation is essential in protecting our children during extreme weather conditions. Let us work together to ensure their safety and well-being.

**Warm Regards,
(Principal)
Panchsheel Public School**