



RAMJAS INTERNATIONAL SCHOOL

R. K. PURAM, NEW DELHI

Circular No. : RIS/2026/4/014

22 April 2026

Advisory for Teachers: Heat Wave Safety Measures for Students

Dear Teachers,

In view of the rising temperatures and to safeguard the health and well-being of our students during severe heat wave conditions, all teachers are advised to strictly adhere to the following guidelines:

- 1. Ensure Availability of Safe Drinking Water** - Regularly check that RO plants and water coolers are functional. Encourage students to carry their own water bottles and refill them frequently.
- 2. Promote Hydration Among Students** - Follow designated “water drinking breaks” in addition to regular intervals. Remind students periodically to drink water, even if they do not feel thirsty.
- 3. Restrict Outdoor Activities** - Avoid taking students out for games, sports, assemblies, or any outdoor activities after 11 AM. Ensure that all activities are conducted indoors in well-ventilated classrooms.
- 4. Facilitate Rehydration** - Monitor students for signs of dehydration (fatigue, dizziness, headache). Ensure availability of ORS/Electral solution/lemon water in their water bottle as required, especially for students feeling unwell.
- 5. Sensitize Students** - Educate students about the harmful effects of heat waves such as dehydration, heat exhaustion, and heat stroke. Advise them to wear light cotton clothes, cover their heads when outdoors, and avoid direct sun exposure.
- 6. Immediate Response to Discomfort** - If any student shows symptoms of heat-related illness, inform the school infirmary/Coordinator immediately. Do not ignore complaints of weakness, nausea, or excessive sweating.

All teachers are expected to remain vigilant and proactive to ensure a safe and comfortable environment for students during this period.

Stay alert, ensure hydration, and prioritize student safety.

With regards

Ms. Richa Sharma
Principal