

ADVISORY: PRECAUTIONARY MEASURES FOR HEATWAVE CONDITIONS

Dear Parents and Students

Greetings of the day!

In light of the Yellow Alert issued by the India Meteorological Department (IMD) regarding the likelihood of heatwaves and adverse weather conditions in Delhi, GDGPS Dwarka is committed to always ensuring the holistic wellbeing of its students.

We request your cooperation in adhering to the following guidelines:

1. Teachers will **remind** students to drink water every 45–60 minutes. Students are also encouraged to refill their bottles at the time of dispersal. Summer beverages such as Buttermilk, Lemonade and Aam Panna are available in the school cafeteria. The school ensures prompt access to medical assistance in case of any heat-related emergency. Students must carry drinking water from home, and adequate drinking water is available at multiple accessible points within the campus.
2. Students are encouraged to bathe daily and maintain good **personal hygiene** to stay fresh and comfortable.
3. The school is conducting **awareness sessions** during school hours to sensitise students about preventive measures, the importance of hydration, and the identification of heat-related symptoms.
4. Students should **cover their heads** using umbrellas or caps, especially during peak heat hours while commuting to and from school.
5. The school has implemented a **buddy system** wherein each student is paired with another during school hours to look out for and support each other's physical wellbeing.
6. **Outdoor activities** during peak heat hours are suspended until weather conditions improve.

Parents are requested to ensure that their ward carries a water bottle, freshly cooked light meals along with seasonal fruits, and has a light, healthy breakfast before leaving for school. You may also send tetra packs or homemade fresh juices to help them stay hydrated throughout the day.

Stay safe and stay hydrated!

Regards
Team, GDGPS Dwarka