



**INDIAN SCHOOL SOHAR
CIRCULAR
LKG to XII**

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21st May 2023

HEAT WAVE SAFETY

Dear Parents,

Greetings!

The current heat wave situation in Oman has led to intense daytime temperatures, and as responsible educators, we need to prioritize the well-being of our students. To ensure their safety, we have established a set of guidelines:

1. Outdoor activities during school hours will be suspended to protect students from direct sunlight.
2. Students are encouraged to apply sunscreen to protect themselves from harmful UV rays.
3. Access to the field during recess will be restricted to minimize heat exposure.
4. Students should stay hydrated by drinking plenty of water.
5. Parents are requested to pick up their children on time to minimize sun exposure.
6. Students should remain indoors or in shaded areas until they are picked up.
7. Students should carry their own water bottles and caps when outside to stay hydrated and protect themselves from the sun.
8. Students coming to school on foot or bicycle should keep their heads covered and may use an umbrella.
9. Parents are advised to include seasonal fresh fruits and vegetables in their children's lunch boxes to keep them hydrated and boost their immunity.
10. Students should be educated about the symptoms of heat-related illness and they must report immediately to teachers.

Implementing these measures will contribute to the safety and well-being of our students. We appreciate your cooperation and support in creating a healthy and comfortable learning environment.

Warm regards,

S Verma

Sanchita Verma
Principal
Indian School Sohar

