



المدرسة الهندية - دارسيت INDIAN SCHOOL DARSAIT

A NABET Accredited School Affiliated to CBSE vide Affiliation No. 6130012

ص.ب: ١٥٥١ ، الرمز البريدي : ١١٤ ، جبروه ، سلطنة عمان ، هاتف : ٢٤٧٨٦٦٩٣ ، ٢٤٧٨٣٩٩٥ ، فاكس : ٢٤٧٠١١٥٨ ، +٩٦٨
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CIRCULAR (KG I TO XII)

Dear Parents,
Greetings from ISD!

We would like to bring to your attention the current heat wave situation in Oman, which has led to intense daytime temperatures. As responsible educators, it is our duty to take precautionary measures to ensure the well-being of our students.

We kindly request your support and cooperation in adhering to the following guidelines:

1. Suspension of Outdoor Activities: To protect students from direct exposure to sunlight, we will suspend sports and other outdoor activities during school hours until the weather conditions become favourable.
2. Sunscreen Application: We encourage students to apply sunscreen as necessary to protect themselves from harmful UV rays.
3. Restricted Field Access: During recess, students will be restricted from going to the field to minimize their exposure to the heat.
4. Hydration and Drinking Water: It is essential for students to stay hydrated. We encourage increased water intake and have introduced 'Water Bell' at regular intervals. Students to drink plenty of fluids such as water, fruit juices, coconut water, etc. and avoid sugary or caffeinated beverages.
5. Timely Pick-up: We kindly request parents to ensure the timely pick-up of their wards to minimize their exposure to the sun.
6. Staying Indoors: Students should remain indoors or under the shady area until they are picked up by the school bus or parents, providing them a safe and shaded environment.
7. Personal Water Bottles and Caps: Students should carry their own water bottles and caps when they are outside, to stay hydrated and protect themselves from direct sunlight.
8. Students coming on foot or bicycle: Students coming to school on foot/bicycle should keep their head covered. Students can also carry umbrella if they are coming/going on foot.
9. Food in the lunch box: Parents are advised not to send food that can turn stale quickly. Kindly add seasonal, fresh and green fruits and veggies to the diet. Seasonal produce can keep them hydrated and boost their immunity.
10. Educate on Symptoms: Ensure that students are educated on the symptoms of heat-related illnesses such as dehydration, heat cramps, heat exhaustion, and heat stroke both in school and at home.

Your cooperation in implementing these measures will contribute greatly to the well-being and safety of our students. We kindly request you to adhere to these guidelines and support us in ensuring a healthy and comfortable learning environment during this challenging time.

We greatly appreciate your ongoing support and collaboration.

Warm regards,


Amar Srivastava
Principal

