



VISHWA BHARTI PUBLIC SCHOOL, Dwarka

The March is On...

CBSE Affiliated Senior Secondary

School Ph No:-9218464413/011-43177650/51

SESSION 2026-27

Cir No: - VBPS/DWK/2026-27/04

Date:- 28-04-2026

CIRCULAR

Subject: "Beat the Heat" – Self-Care & Awareness Initiative

Dear Students,

With the onset of rising temperatures, it is essential for all of us to stay safe, healthy, and mindful. As part of our "Beat the Heat" initiative, the school urges every student to adopt simple yet effective self-care practices to prevent heat-related illnesses.

Guidelines for Students:

- 1.Stay Hydrated:** Drink plenty of water throughout the day. Carry two water bottles to school and refill it regularly. Avoid fizzy and sugary drinks.
- 2.Eat Healthy & Light:** Prefer seasonal fruits like watermelon, cucumber, and oranges. Avoid heavy, oily, or junk food.
- 3.Dress Comfortably:** Wear uniform of appropriate size.
- 4.Avoid Direct Sun Exposure:** Stay indoors during peak heat hours (12 noon to 4 pm) as much as possible.
- 5.Personal Hygiene:** Take regular baths, keep yourself clean, and maintain proper hygiene to prevent infections.
- 6.Recognize Heat Symptoms:** Be aware of signs like dizziness, headache, nausea, or excessive sweating. Inform a teacher or parent immediately if you feel unwell.
- 7.Use Sun Protection:** Use caps/umbrellas while commuting under the sun.
- 8.Stay Cool & Rested:** Ensure proper sleep and avoid overexertion during hot weather.

Special Note:

Students are encouraged to spread awareness among family members and peers about heat safety measures.

Let us all work together to stay safe, responsible, and healthy during the summer months.

Stay hydrated, stay safe!

Warm regards


Principal