



NEW HORIZON SCHOLARS SCHOOL

Kolshet, Hiranandani Estate, G.B Road, Thane (W) 400607

NHSSR/Cir/2025-26/0011

Grade I ~ X

09-04-2025

“The greatest wealth is health” - Virgil

Dear Parents,

Greetings from NHSSR!

As you are aware, we are currently experiencing an intense heat wave. In light of this, it is essential that we work together to safeguard the health and well-being of our students. Heat waves can lead to various health concerns, and your support in taking the necessary precautions is crucial.

Below are some important tips to help your child **"Beat the Heat"**:

- **Keep Hydrated:** Ensure your child drinks plenty of water throughout the day. They should carry a water bottle to school and take regular sips. Glucon-D or ORS solutions are also recommended to maintain hydration levels.
- **Choose Healthy Beverages:** Avoid carbonated and sugary drinks. Offer natural and cooling homemade alternatives like lemon water, buttermilk, or lassi.
- **Dress Comfortably:** Dress your child in light-coloured, loose-fitting clothes made of breathable fabrics like cotton. Dark colours should be avoided as they absorb more heat.
- **Apply Sunscreen:** Use sunscreen with a high SPF before stepping outdoors, especially if children will be exposed to the sun for extended periods.
- **Limit Outdoor Exposure:** Avoid strenuous outdoor activities during peak sun hours. Students may carry indoor games or board games to school to enjoy during PE periods.
- **Stay in the Shade:** Encourage your child to remain in shaded or cool areas during outdoor breaks and recess to minimize sun exposure.
- **Use Protective Accessories:** If engaged in outdoor activities, children should wear caps, hats, sunglasses, and other protective gear.
- **Recognize Warning Signs:** Teach your child to identify symptoms of heat-related illnesses such as dizziness, nausea, headaches, rapid heartbeat, or fatigue. If they experience any of these, they should inform a teacher or adult immediately.

At **New Horizon Scholars School**, your child's health and safety are our top priorities. With your cooperation and the above precautions, we can ensure a comfortable and safe environment for all our students.

Thank you for your continued support and understanding.

Warm regards,

New Horizon Scholars School

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