

Dear Parents,

As we experience rising temperatures, our commitment to the health, safety, and well-being of our students and staff remains our top priority. In light of this, **we will be temporarily suspending physical education (PE) classes and reducing outdoor activities** to ensure everyone's comfort and safety during this warm season.

We kindly ask you to note the following important information and guidelines:

- **Hydration:** Students are encouraged to carry ample water bottles throughout the day to stay refreshed and hydrated. The school will provide access to clean, cool drinking water for all students.
- **Dress Code:** To help combat the heat, students should wear light-colored, loose-fitting cotton clothing in line with school uniform guidelines. Additionally, hats or caps are encouraged to provide extra protection from the sun. We also recommend applying sunscreen with a minimum SPF of 30 before going outdoors, and reapplying it every two hours to ensure maximum protection.
- **School Breaks:** It is advised that students take their regular breaks in classrooms.
- **Health Monitoring:** If your child shows any signs of illness, especially symptoms of heat exhaustion such as dizziness, headaches, or nausea, please keep them at home and notify their class teacher. Your vigilance is essential in maintaining a healthy environment.
- **Transport:** To minimize exposure to the sun while awaiting school transport, please ensure your child does not remain outside for long periods. Utilizing umbrellas or caps is advisable to provide shade and relief from the heat.

We greatly appreciate your cooperation and support in ensuring that our students remain safe, healthy, and comfortable during this period of increased temperatures.

Thank you for your attention.

EIS Administration