



M.M. PUBLIC SCHOOL

VASUDHA ENCLAVE, PITAMPURA, DELHI – 110034.

Ph. No. 011-47506758, 41572587

Website: www.mmpublicschool.com

“Celebrating 58 Years of Excellence in Education”

MMPS/Circular/05/2026

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Dear Parents,

In view of the rising temperature and changing weather conditions, please follow these important guidelines to ensure the safety and well-being of your child.

✓ DOs

1. Ensure your child carries a water bottle and drinks enough water in the beginning of every period.
2. Provide fresh, light, and healthy food such as fruits, vegetables, and home-cooked meals.
3. Make sure your child wears loose-fitting cotton school uniform.
4. Encourage your child to carry an umbrella while coming to school.
5. Ensure your child gets proper rest and sleep.
6. Keep your child's nails trimmed and maintain personal hygiene.
7. Inform the class teacher immediately if your child is unwell or has symptoms like fever, headache, dizziness, or vomiting.
8. Follow school instructions regarding outdoor activities and safety measures.
9. Send your child regularly to school unless advised otherwise due to illness.

✗ DON'Ts

1. Do not send junk food, oily food, or carbonated drinks in the lunch box.
2. Do not allow your child to stay in direct sunlight for long hours.
3. Do not send your child to school if they are suffering from fever, dehydration, or any illness.
4. Do not allow children to skip breakfast before coming to school.
5. Do not send heavy school bags; follow the timetable properly.
6. Do not allow children to consume unhygienic street food.
7. Do not ignore signs of tiredness, weakness, or heat exhaustion.
8. Do not let children play outdoors during peak afternoon heat hours.

Your cooperation is highly appreciated in keeping our children safe and healthy.

Regards

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