

CD.NO.019/25

DATE: 30/04/2025

WATER-BELL IN SCHOOL / جرس الماء في المدرسة

Dear Students,

We are happy to inform you that the school is implementing a **Water Bell** system, which is a simple but effective initiative to promote better hydration habits among students.

With the current rise in temperature and the onset of extreme summer conditions, all students are advised to take necessary precautions to safeguard their health. One of the most essential preventive measures during this period is adequate hydration.

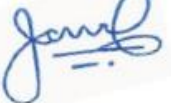
All students are hereby advised to observe the following:

1. Carry a personal water bottle and ensure regular intake of water throughout the day and discourage them using water taps during the learning periods.
2. Drink water at regular intervals, even if you do not feel thirsty, to prevent dehydration.
3. Include hydrating fruits and vegetables such as watermelon, cucumber, and citrus fruits in your diet, if possible.

Please note that dehydration can lead to fatigue, dizziness, headaches, and other heat-related illnesses which may impact your academic performance and overall well-being. Your cooperation in following these guidelines is highly appreciated. Let us all take responsibility for maintaining our health and supporting each other during this time.

'A Year Of Community Initiative'

With Regards



Principal
Dr. S. J. JACOB