

Date: 26 April 2026

Subject: Heat Wave Precautions & Change in School Timings

Dear Students,

With temperatures rising sharply, the school is taking the following steps to protect your health and safety. Please read and follow these instructions carefully:

To Beat the Heat:

1. Bring a water bottle every day and sip water regularly.
2. Wear a cap or hat while travelling to and from school.
3. Carry fresh fruits for the fruit break & lunch box for the lunch break to stay hydrated and active.
4. Do not step out in direct sun unless necessary.
5. Tell your class teacher at once if you feel dizzy, weak, or sick.

New School Timings [w.e.f. 27 April 2026]:

- \* Classes Nursery: 8:00 a.m. to 10:30 a.m.
- \* Classes LKG & UKG: 7:20 a.m to 12:30 p.m.
- Classes I – VIII: 7:20 a.m. to 12:30 p.m.
- Classes IX – XII: 7:20 a.m. to 1:30 p.m.

All students must follow the revised schedule and safety measures without exception.

Stay safe, stay healthy, and look out for one another this summer.

By Order

Principal

St.Teresa's Academy