



## INTERNATIONAL INDIAN PUBLIC SCHOOL – RIYADH

17 September 2024

REF: IIPS/PRL/24-25/70

### Introduction of "Hydration Whistle"

Dear Parents,

As we face the peak of summer, it is essential to prioritize our health and well-being by staying hydrated throughout the day. In light of this, we are pleased to introduce the "Hydration Whistle" Initiative, aimed at ensuring students remains hydrated and energized during school hours.

A whistle will sound across the school premises. Two Whistles Each Day:

**SCC & Kindergarten - 8:00 am and 10:00 am**

**Grades I- XII - 8:00 am and 11:00 am**

**Mandatory Hydration:** When the whistle blows, all students are required to pause their work, take out their water bottles, and drink water.

**Carry Your Water Bottle:** It is mandatory for everyone to bring a personal water bottle each day. Keeping water at hand is vital to make sure you are ready to hydrate whenever needed.

**Importance of Staying Hydrated:**

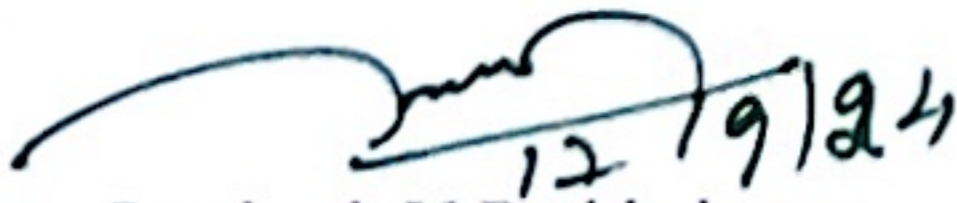
- **Boosts Energy:** Water helps you stay alert and focused, allowing you to perform better in both physical and mental activities.
- **Improves Concentration:** Hydration enhances your brain function, helping you stay attentive during lessons and tasks.
- **Prevents Fatigue:** Dehydration can make you feel tired and sluggish. Regular water intake will keep you feeling refreshed throughout the day.
- **Supports Overall Health:** Drinking enough water helps regulate body temperature, prevents headaches, and supports the immune system, which is crucial during the hot summer months.

Let's work together to make hydration a regular part of our daily routine! Remember, staying hydrated means staying healthy and ready to learn.

We appreciate your cooperation in this initiative and encourage everyone to take this simple but powerful step toward better health!

Stay Hydrated, Stay Healthy!

Regards,

  
12/9/24

Santhosh V Prabhakaran  
Principal

