

15th July 2022

Dear Parents/Carers,

In anticipation of the very warm weather expected next week, we have been sent some information from Public Health England to share with you. This is part of a national programme to reduce the health risks by alerting people to the dangers and encouraging them to plan what to do in the event of a heatwave.

As temperatures will be so high, the Department for Education has issued guidance for schools to ensure that we keep your children safe.

The guidance tells us that children cannot control their body temperature as efficiently as adults because they do not sweat as much. The main risk of heat is dehydration. However, if sensible precautions are taken, children are unlikely to be adversely affected by the hot conditions. These precautions will apply to children of all ages.

We will, however, be sharing signs and symptoms of heat stress, heat exhaustion and heatstroke with all members of staff as well as how to respond.

Hot Weather and Heatwave Information

The Heatwave Plan for England aims to prepare, alert and prevent people from the preventable health impacts from severe heat in England.

<https://www.gov.uk/government/publications/heatwave-plan-for-england>

Beat the Heat- Staying Safe in Hot Weather: This document will tell you how to stay safe in hot weather, including how to keep your home cool. It tells you who is at greatest risk of ill health from the heat, how to recognise when you or someone's health may be affected, and what to do if you or someone else becomes unwell as a result of the heat.

<https://www.gov.uk/government/publications/heatwave-plan-for-england/beat-the-heat-staying-safe-in-hot-weather>

In light of this, on Monday and Tuesday we would highly recommend that children wear something lightweight and cool. When they arrive at school we will change the children into their PE kits, to ensure they have loose clothing on. We will be limiting the time the children are outside and ensuring that this is for very short periods only, if at all. PE lessons will be held indoors.

Children will be encouraged to drink lots of water throughout the day and given plenty of movement breaks in the classrooms. EYFS children will have a very limited amount of time in the outdoor area. If they do go outside, they will go under the shelter and wear their sun hat. There will be no Forest Schools.

We are cancelling our Haxby Road 100 trips on Monday and Tuesday and enrichment for year 5 and 6 has been cancelled all week. The school disco has been cancelled too. Hopefully we can move the trips to the end of the week or do them at the beginning of September. All sports clubs have also been cancelled for next week.

What We Will Be Doing In School - Indoors

- Windows and external doors around school, including in the classrooms, will be open from early morning to allow for proper ventilation. Where possible, blinds will be drawn to limit direct sunlight but still allow for appropriate air movement.
- The use of electrical lights and equipment such as the white boards will be limited to reduce internal heat sources.
- In particularly hot areas of school, electric fans will be used to keep the air cool and moving.
- Children will be encouraged to eat normally and to drink water throughout the day.
- Water bottles can be refilled within school as needed throughout the day and children will be encouraged to drink frequently when indoors.

What You Can Do:

- On Monday and Tuesday, every child should bring:
 - A full water bottle
 - A sunhat
 - Suncream for reapplication before lunchtime
 - Please ensure the sunhat and sunscreen is clearly labelled with your child's name.

We anticipate that the children will be very tired next week because of the extreme heat on Monday and Tuesday. We recommend lots of sleep, water and indoor relaxing activities.

Can I also take this opportunity to remind parents that jewellery is not permitted in school. Only stud earrings are allowed.

Jewellery is a safety risk, especially at playtimes.

Thank you for your support with this.

Kind Regards,

Mrs Robinson
Headteacher