

In accordance with the DfE, school will remain open next week, however, measures below will take place to ensure that children remain as cool and hydrated as possible.

Please would all parents/carers:

- Ensure your child has a sun hat and sunscreen for travelling to and from school, and brings in their water bottle.
- Remind your child they should not be wearing cardigans or jumper

Measures at school will be as follows:

- There will be no P.E lessons next week
- All children will remain indoors for both break and lunchtime
- Ensure all children have water bottles, ask for some from the canteen next week if needed and let the office know you have taken them.
- Children will be given regular chances in the day to refill water bottles and encouraged to remain hydrated throughout the day. They will be given more water breaks than usual.
- Windows will be opened as early as possible in the morning before children arrive.
- Windows will be open less wide when the outdoor air becomes warmer than the air indoors – this should help keep the heat out while allowing adequate ventilation
- Indoor blinds will be lowered, but will not block window ventilation.
- The use of electric lighting will be kept to a minimum
- All electrical equipment will be switched off when not in use, including computers, monitors and printers– equipment will not be left in ‘standby mode’ as this generates heat
- The layout of teaching spaces will be adjusted as necessary to avoid direct sunlight on children
- Oscillating mechanical fans will be used to increase air movement if temperatures are below 35°C – at temperatures above 35°C fans may not prevent heat-related illness and may worsen dehydration
- Children will be encouraged to eat normally and drink plenty of cool water
- Children will be monitored - if they appear lethargic they will receive medical support straightaway
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Below is a link to advice from the NHS on how to stay cool during hot weather.

<https://www.nhs.uk/live-well/seasonal-health/heatwave-how-to-cope-in-hot-weather/>



Public Health
England

Beat the Heat

Keep in touch



Look after yourself, older people and the young



Listen to the weather forecast and the news



Plan ahead to avoid the heat

Keep well



Drink plenty of water, cut back on alcohol & caffeinated drinks



Dress appropriately for the weather



Slow down when it is hot

Find somewhere cool



Know how to keep your home cool



Go indoors or outdoors, whichever feels cooler



Cars get hot, avoid closed spaces

Watch out



Be on the lookout for signs of heat related illness



Cool your skin with water, slow down and drink water



Stay safe when swimming



Get help. Call NHS 111 or in an emergency 999

For more information go to www.nhs.uk/heatwave