

Friday, 15th July 2022

Heat wave Advice and Measures

Dear Parents and Carers,

In anticipation of the forthcoming heatwave, I have detailed below key element of the government's advice which we will be following to keep our children safe in school.

Protecting children outdoors

- limit vigorous physical activity & play on very hot days, such as when temperatures are in excess of 30°C
- encourage children playing outdoors to stay in the shade as much as possible
- children should wear loose, light-coloured clothing to help keep cool and sunhats with wide brims to avoid sunburn – we would advise leaving cardigans at home on these days
- use sunscreen (at least factor 15 with UVA protection) to protect skin if children are playing or taking lessons outdoors for more than 20 minutes. Cancer Research U.K. advises re-application of sunscreen at lunchtimes.
- provide children with plenty of water and encourage them to drink more than usual when conditions are hot.

We would ask therefore that all children come to school during the very hot days in loose fitting uniform: summer dresses; loose school shorts and t-shirts (which will not need to be tucked in); sun hats; sun-tan lotion and water bottles. Children will not need their jumpers or cardigans.

Protecting children indoors

- open windows as early as possible in the morning before children arrive
- almost close windows when the outdoor air becomes warmer than the air indoors – this should help keep the heat out while allowing adequate ventilation
- close indoor blinds or curtains if not restricting ventilation
- keep the use of electric lighting to a minimum
- switch off all electrical equipment, including computers, monitors and printers when not in use – equipment should not be left in 'standby mode' as this generates heat
- oscillating mechanical fans can 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
- encourage children to eat normally and drink plenty of cool water

By following these measures school will be able to remain open and safe. We are fortunate that our location provides for a good level of shade, which we will add to with our gazebos if needed, so the children are able to spend short periods of time outdoors.

Best wishes,



Mary Gray
Head of School

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 fluids and avoid excess alcohol



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

PHE publications gateway number: GOV-12083