

## Heat Alert



Dear Parents and Carers,

We are writing to inform you that the Government/UK Health Agency have issued an **amber warning for heat** in our area over from Wednesday 8<sup>th</sup> July to Friday 10<sup>th</sup> July.

We want to reassure you that we take weather conditions seriously and will be putting in additional measures for pupil and staff safety. As you know, pupils with additional needs and medical conditions are more vulnerable. The DFE encourages schools to remain open when it is safe to do so. We remain highly committed to ensuring that the school remains open for all or part of the day during this heat alert, however, we will continue to monitor the situation closely, prior to and during the heatwave. Any necessary updates will be sent to you via email and will be on the school website.

### Key Information:

- Parents Evening will go ahead as planned as there will be less pupils/staff onsite and they are short meetings. Refreshments will be available.
- All offsite visits will be cancelled over the 3 days.
- All swimming and taught PE sessions will be cancelled.
- After School Club on Thursday will be cancelled.
- Parents/Carers due to attend **Sports and Leisure Mornings in KS2 on Wednesday 8<sup>th</sup> and Thursday 9<sup>th</sup>** - These will start earlier than the original planned 10:15 start with reduced activity levels. **Please can all parents/carers arrive for 09:45 am and we will reduce the length of the session to ensure it is over prior to rising temperatures. This will be closely monitored and may need to be cancelled. There will be shaded areas for pupils, staff and parents/carers to access.**

### What we are doing in school:

- Keeping pupils in cool, shaded, and well-ventilated areas
- Reducing physical activity and time outdoors.
- Increasing access to fluids, rest breaks, and resources to support pupils and staff to keep cool.
- Monitoring each pupil closely for signs of heat stress or discomfort.
- Minimising transitions and waiting times for pupils at the start and end of the school day as reasonably possible.

### What we ask from you:

- Send your child in light, loose clothing (if they will tolerate this)
- Provide a sun hat (if tolerated)
- Apply long-lasting sun cream before school and ensure that your child has suncream in school (that is labelled).
- If your child will not access the drinks provided by school (water/milk) that you send in additional supplies.
- If you have any specific concerns about your child's vulnerability in the heat that you speak to their class teacher or Head of Phase.

## Health advice from Telford and Wrekin Council

### **What are the signs of heat related medical conditions in children?**

If sensible precautions are taken, children are unlikely to be seriously affected by hot conditions but teachers, assistants, school nurses and all child carers should look out for signs of heat stress, heat exhaustion and heatstroke.

### **Symptoms of heat stress:**

- Children may seem out of character or show signs of discomfort and irritability (including those listed below for heat exhaustion).
- These signs will worsen with physical activity.
- For children and young people who use pads, dark urine or dry pads may indicate dehydration and the need for more fluids.

### **Symptoms of heat exhaustion may include:**

- tiredness
- dizziness
- headache
- nausea
- vomiting
- excessive sweating and pale, clammy skin

### **To cool a child suffering from heat exhaustion:**

- support the child to move to a cool area and encourage them to drink cool water
- cool the child as rapidly as possible, for example, by sponging or spraying the child with cool water and placing cold packs around the neck and armpits, or wrapping the child in a cool, wet sheet and assist cooling with a fan.

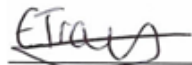
If you are concerned about symptoms, or they are worsening, seek medical advice by contacting NHS 111.

Thank you for your continued support in keeping our pupils safe and comfortable during this period of this amber warning.

Kind regards



**Nicola Davis**  
Co-Head Teacher



**Emily Tracey**  
Co-Head Teacher