Monday 24th June 2024

Dear Parents and Carers,

I hope this message finds you well. We are writing to inform you about the forecasted hot weather this week and to provide some guidance on how to help ensure your child remains comfortable and cool while at school.

1. **Hydration**: Please ensure your child brings a refillable water bottle to school every day. We will allow regular water breaks and encourage pupils to drink water frequently to stay hydrated.
2. **Appropriate Clothing**: We recommend that pupils wear light, loose-fitting, and breathable clothing to help keep cool. Such as the blue summer dresses or black/grey shorts and a white t-shirt.
3. **Sun Protection**: Please apply sunscreen before school and provide a hat or cap for additional protection against the sun. Please clearly label your child’s belongings.
4. **Healthy Snacks**: Sending your child with fruits or other light snacks that have high water content can help maintain their energy levels and keep them hydrated.
5. **Ventilation and Shade**: We will be ensuring that classrooms are well-ventilated and making use of fans and air conditioning in upstairs classrooms where available. Additionally, we will organise shaded areas during outdoor activities to protect pupils from direct sunlight.
6. **Modified Physical Activities**: To avoid heat exhaustion, we will be adjusting the intensity and duration of physical activities during PE lessons and playtimes.

### **Additional Measures by the School**

* **Increased Water Access**: We have ensured that there are multiple water stations around the school for pupils to refill their bottles.
* **Monitoring**: Staff will be vigilant in monitoring pupils for any signs of heat-related discomfort or illness and will act promptly if any issues arise.
* **Flexible Indoor Options**: For particularly hot days, we will provide indoor spaces as alternatives to outdoor play areas during breaks and lunch and bring children in from the field or playground earlier so they do not overheat.

We appreciate your cooperation and support in these matters. If you have any concerns or need further information, please do not hesitate to contact the school office.

Thank you for helping us keep our pupils safe and comfortable during this hot weather.

Best regards,



Mrs Oldfield

Headteacher