



18 July 2022

Dear Parent/ Carer,

Following guidance from the Local Authority we will remain open to students until the last day of term (Thursday 21st July). Due to the weather warning for heat wave conditions and high temperatures we be implementing the following measures:

- All students can wear PE kit until the end of term if this is a more comfortable choice. Students choosing to wear a shirt do not need to wear a tie and can undo the top button. Only uniform items (either standard or sports) should be worn unless students are going out on a trip as part of Activities Days.
- We strongly recommend students do not wear a jumper.
- All staff and students are encouraged to bring a re-fillable water bottle. Water fountains will be available at each changeover to allow all students access to refill their bottles.
- Adjustments have been made for Sports Days, bringing activities inside and removing any strenuous activities.
- Teachers will consider the types of activity taking place in lessons and activities and adjust their planning in consideration of the impact of heat on themselves and their students.
- Students with medical conditions which may be adversely affected by the heat should consider whether to attend. Please call the progress team for support with this if needed.
- Students should arrive at school for opening at 8.40am (unless advised to arrive earlier for a trip) and we encourage them to go straight home at 2:45pm so that they are not outside for longer than is necessary. Tutors will check with students that they are well enough to continue with their day at morning tutor time and alert first aid staff if they consider a child might be suffering from heat exhaustion.

Guidance on the signs of heat stress and heat exhaustion.

People suffering from heat stress will show general signs of discomfort (including those listed below for heat exhaustion)

- Hot/Red/Dry Skin
- Fatigue
- Dizziness
- Headache

These signs will worsen with physical activity or if left untreated and can lead to heat exhaustion or heat stroke.

Heat exhaustion

Symptoms of heat exhaustion vary but include one or more of the following:

- tiredness

- dizziness
- headache
- nausea
- vomiting
- hot, red and dry skin
- confusion

Heatstroke

When the body is exposed to very high temperatures, the mechanism that controls body temperature may stop working. Heatstroke can develop if heat stress or heat exhaustion is left untreated, but it can also occur suddenly and without warning.

Symptoms of **heatstroke** may include:

- high body temperature – a temperature of or above 40°C (104°F) is a major sign of heatstroke
- red, hot skin and sweating that then suddenly stops
- fast heartbeat
- fast shallow breathing
- confusion/lack of co-ordination
- fits
- loss of consciousness

The steps that should be taken to reduce body temperature in the event of heat exhaustion or heat stroke. e.g., to

- Move the person to as cool a room as possible and encourage them to drink cool water (such as water from a cold tap).
- Place the person near a fan if available
- Cool the person as rapidly as possible, using whatever methods you can. For example, sponge or spray the child with cool (25 to 30°C) water – if available, place cold packs around the neck and armpits, or wrap the child in a cool, wet sheet.

When to call for an ambulance:

- Dial 999 to request an ambulance if the person doesn't respond to the above treatment within 30 minutes.
- If a person **loses consciousness**, or **has a fit**, place the person in the recovery position, **call 999 immediately** and follow the steps above until medical assistance arrives.

Yours sincerely



Miss J Driver
Head of School