

Heat Plan - Planning for prolonged periods of hot weather

As we are expecting hot weather this week and possibly next, we need to make plans to ensure the safety of both staff and pupils.

Please find below a few things to think about this week:

- Please encourage pupils to wear appropriate summer weight clothing, apply sun cream before coming to school and bring in a hat. If pupils needs to bring sun screen to school it should be labelled with their name and kept in the classroom
- Drinking water should be available throughout the day. Please send water bottles into school.
- Activity levels should be reduced whenever practical, this could include theoretical PE lessons and minimising activity during lunchtimes/break times
- Any exposure to direct sunlight should be minimised when the sun is at its highest (11.00 am until 3.00 pm)
- Some classes may wish to consider relocating to other areas of the school, eg hall or external classrooms. Working in smaller groups so that the classrooms do not have as many children in one place.
- Increase natural ventilation by opening windows and internal doors as early as possible in the mornings It may be necessary to partially close windows if the heat outside is greater than the heat inside.
- Reduce casual heat gain; keep lights turned off where practical. Switch off all electrical equipment, including computers
- Please do not be tempted to prop open fire doors
- There may be a need to make adjustments to lunchtime arrangements

There is guidance attached from Public Health England on looking after children during a heatwave. Take the time to read through this – looking particularly at the symptoms of heat exhaustion and actions to protect children from heat illness.

Mrs George will advise on individual children who should be given special consideration.