



# Great and Little Shelford C E (A) Primary School,

Church Street, Great Shelford, Cambridge, CB22 5EL

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[www.shelfordschool.org.uk](http://www.shelfordschool.org.uk)

We live and work in harmony with love for one another so we can achieve our potential within a community of life-long learners.

Headteacher: Mr. Chris Grey PGCE, MEd

Friday 15<sup>th</sup> July 2022

Dear families,

I hope that this letter finds you well. I am writing to you following the change to the current weather warning forecast for Monday 18<sup>th</sup> July and Tuesday 19<sup>th</sup> July. This is due to predicted high temperatures, leading to a 'red extreme heat warning' from the Met Office.

The current advice from the Department for Education and the Local Authority is for schools to remain open. We will do all we can to ensure that the school remains a safe, pleasant and comfortable environment – indoors and outdoors. As always, we will continue to keep you updated with any changes.

There is a detailed summary of school measures on the following page. A brief set of reminders is below:

### Please ensure your child has:

- Suncream applied before school (at least factor 15 with UVA protection);
- Full water bottle;
- Sun hat;
- Loose, light-coloured clothing and suitable footwear (please note that we are able to relax our usual uniform policy for Monday and Tuesday to allow clothing that would be cool for pupils and staff);

### We will:

- Provide enhanced shade at break and lunchtimes (if taking place outside);
- Give frequent reminders and opportunities to drink more regularly and eat normally;
- Ensure that no strenuous physical activities take place;
- Ensure that electrical equipment use is kept to the minimum;
- Regularly inspect play equipment that could be subject to overheating giving rise to burns;
- Provide fans and use air conditioning (where installed);

In addition to the measures detailed below, we will also consider how the school can provide rotation of classes to access air conditioned areas.

With best wishes,  
Chris Grey  
Headteacher





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## Outdoor areas

All physical activities and other strenuous activities postponed where temperature is above 30°C

Children encouraged to stay in the shade. School has provided shaded areas outdoors from natural features such as trees and structures such as buildings and gazebos.

Clothing policy will be adapted to reflect the hot weather conditions and to avoid sunburn. School uniform rules will be relaxed so that children and staff are not in clothes which are too hot or clothes in which their skin overly exposed to the sun. Loose, light-coloured clothing can help keep people cool and sunhats with wide brims can help to avoid sunburn

Staff and parents of children should be aware of the need to provide sun cream (at least factor 15 with UVA protection) to protect skin. This should be done before school, but the school will allow children to bring sun cream in for personal use and children to apply it on themselves

To prevent/reduce the risk of dehydration, children are encouraged to drink more than usual when conditions are hot, ensuring that children bring their water bottles with them in and around school. Additionally, the school will ensure there is adequate drinking water in fountains/taps.

The school has considered the effects of heat/direct sunlight for long periods on play equipment. Long periods of direct sunlight can make slides, swings, climbing features, seats etc. hot to the touch and so, the school will keep an eye out for the items most likely to cause a burn. Also, school will complete a visual inspection of play equipment after extremely hot days as it may cause damage to rubber surfaces or parts directly connected to metal material etc.

## Indoor areas

Windows and other ventilation openings are in good working order so that adequate ventilation can be provided. Windows and doors (subject to site security) will be opened as early as possible in the mornings. Staff will ensure that when the outside temperature is warmer than the inside temperature, windows should be almost closed with just a small opening for ventilation.

Adequate indoor blinds are provided to reflect heat from the sun. Shading devices should not block ventilation openings or open windows.

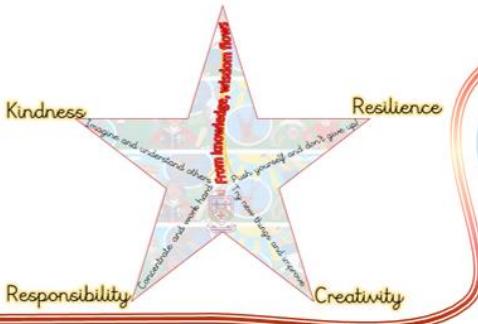
Staff will ensure to reduce or curtail activities that may generate heat e.g., use of ovens, Science/D&T practical lessons that use heat sources, ICT Suites etc.

Children will be encouraged to eat normally and drink plenty of cool water.

All electrical equipment, including computers, monitors and printers will be switched off when not in use and should not be left in 'standby mode'. Electrical equipment, when left on, or in 'standby' mode generates heat.

Staff have the flexibility to adjust their classrooms or other spaces which are less likely to overheat in preference to others, and adjust the layout of teaching spaces to avoid direct sunlight on children.

Staff will use oscillating mechanical fans or air conditioning units to increase air movement and cool the environment where possible. Staff will avoid trailing leads which can cause trip hazards and



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keep fans away from children in case of hair entrapment. Note that 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

## Emergency Action

Staff will be aware of the signs of heat stress and heat exhaustion e.g., Irritability. Children 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.

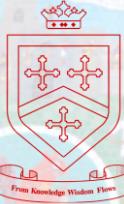
Symptoms of **heatstroke** may include:

- 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



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- confusion/lack of co-ordination
- fits
- loss of consciousness

Staff are aware of the steps that should be taken to reduce body temperature in the event of heat exhaustion or heat stroke:

- Move the person to as cool a room as possible. and encourage them to drink cool water.
- 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 with cool (25 to 30°C) water – if available, place cold packs around the neck and armpits, or wrap the person in a cool, wet sheet.

Staff are aware of emergency first-aid measures or 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 child **loses consciousness**, or **has a fit**, place the child in the recovery position, **call 999 immediately** and follow the steps above until medical assistance arrives.

