



Ackworth Howard Church of England (VC) Junior and Infant School

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Educating 'for life in all its fullness.'
Growth in **MIND**, **BODY**, **SPIRIT**

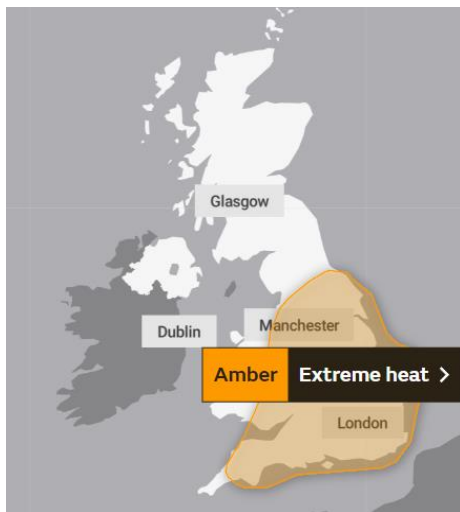
Thursday 14th July 2022

Predicted Extreme Heat Weather Warnings

Dear Parents/Carers,

The Met Office has extended an [amber extreme heat warning](#) for Sunday 17th July, Monday 18th July and Tuesday 19th July, as temperatures will build this weekend and early next week for much of England and Wales.

The amber warning highlights likely adverse health effects for the public, not just limited to those most vulnerable to extreme heat.



Temperatures could be in excess of 35°C in the southeast, and more widely around 32°C within the warning area, with Monday and Tuesday most likely to see temperatures around this level.

There is clear government guidance on looking after children and those in early years settings during heatwaves, including the use of ventilation, keeping children hydrated, and avoiding vigorous physical activity, encouraging children to wear loose, light coloured clothing and sunhats with wide brims, to use sunscreen, and providing them with plenty of water.

School leaders are responsible for managing their own local circumstances and there is no advice suggesting schools should close.

We will therefore be adapting provision during Monday and Tuesday in order to mitigate the risks of any extreme heat. This will include:

- Ensuring staff are aware of:
 - **Health risks including heat stress, heat exhaustion and heat stroke.**
 - **The symptoms of these health risks.**
 - **Actions needed to protect children suffering from heat illness.**
- Protecting children outdoors:
 - **Children will not take part in vigorous physical activity where temperatures are in excess of 30°C.**

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- Children will be encouraged when playing outdoors to stay in the shade as much as possible.
- Parents/Carers should ensure that their children wear their active wear uniform on Monday and Tuesday as this clothing will help children keep cool.
- Parents/Carers should provide children with sunhats.
- Sunscreen (at least factor 15 with UVA protection) to protect skin should be applied to children before school and where appropriate during the day if outside for more than 20 minutes.
- Children will be encouraged to drink more than usual when conditions are hot.
- Protecting children indoors:
 - Windows will be opened as early as possible in the morning before children arrive to allow stored heat to escape from the building.
 - Windows will be 'almost closed' when the outdoor air becomes warmer than the air indoors – this should help keep the heat out while allowing adequate ventilation.
 - Blinds will be closed where they do not block window ventilation.
 - Use of electric lighting will be kept to a minimum.
 - Electrical equipment, including computers, monitors and printers will be switched off when not in use – equipment should not be left in 'standby mode' as this generates heat.
 - The layout of teaching spaces will be adjusted where possible to avoid direct sunlight on children.
 - 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.
 - Children will be encouraged to eat normally and drink plenty of cool water.

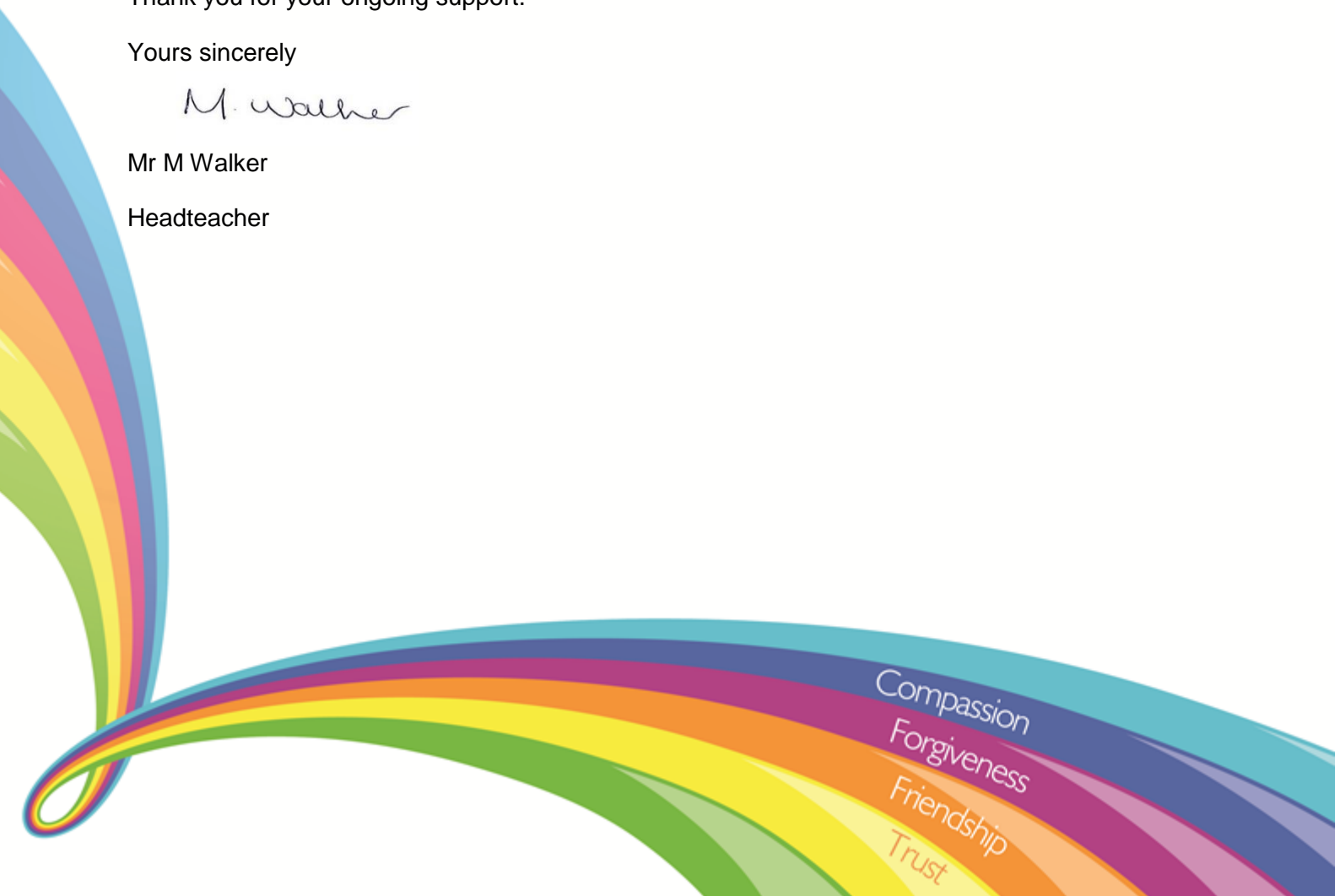
Thank you for your ongoing support.

Yours sincerely



Mr M Walker

Headteacher



Additional Information

Health risks from heat

Children cannot control their body temperature as efficiently as adults during hot weather because they do not sweat as much and so can be at risk of ill-health from heat. Heat-related illness can range from mild heat stress to potentially life-threatening heatstroke. The main risk from heat is dehydration (not having enough water in the body). If sensible precautions are taken children are unlikely to be adversely affected by hot conditions, however, everyone should look out for signs of heat stress, heat exhaustion and heatstroke.

Heat stress

Children suffering from heat stress 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 and if left untreated can lead to heat exhaustion or heatstroke.

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

Actions to protect children suffering from heat illness

The following steps to reduce body temperature should be taken immediately:

1. Move the child to as cool a room as possible and encourage them to drink cool water (such as water from a cold tap).
2. Cool the child 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 and assist cooling with a fan.
3. 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.



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