

## Coopersale and Theydon Garnon C. of E. V.C Primary School

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Friday 15th July 2022

## Heatwave next week

Dear parents/carers,

As you may be aware, temperatures are forecasted to rise next week, with local and national advice currently stating there is a Level 3 weather warning alert in place (this alert level is triggered as soon as the Met Office confirms that threshold temperatures have been reached in any one region or more).

Below are the considerations and advice we would like to give to parents. Apologies for the long list, however, we are aware that young children produce more metabolic heat, have a decreased ability to sweat and have core temperatures that rise faster during dehydration, so their time in school during these conditions needs to be thought through carefully in order to keep all our children safe.

## For Monday and Tuesday next week (unless there are changes to the weather):

- Both days are to be now non-uniform days, allowing children to wear single layer only (e.g. a summer dress or shorts and t-shirt) and these clothes are loose fitting. Please do not send your child in wearing sandals and do make sure they are sensibly dressed for the school day. We request that children are sent into school wearing a sun hat/cap.
- There will be no active physical education either inside or outside during the heatwave. This will also include no running or strenuous activity in any lessons or playtimes. If your child's class is scheduled to have P.E, this will be adapted to limited movement activities/games. P.E Kits will not be required.
- The time the children spend outside will be significantly reduced and only be in the shade. Break times will be frequent, short and relaxed.
- Children will be guided to drink plenty of water to stay hydrated and encouraged to do this effectively, which is through drinking little and often. Please ensure your child has a large bottle of water brought into school. We have plenty of cold drinking water taps to refill. If possible, add ice cubes to your child's bottle of water.
- Even if your children are covered up, please send them in wearing high factor sun cream from head to toe.
- Teachers will respond to the needs of the children to adjust learning accordingly, including doing quieter, less taxing work when needed.
- Monday class parties food will be stored in two of our small air-conditioned rooms. Parties will not involve dancing or active movements (sorry children!).
- We will assess on Monday morning just how hot the day is going to be. If needed, we may need to reschedule our 'meet the teacher drop in sessions for parents', currently scheduled for Monday 3.30pm to 4.00pm. If too hot, we will want our teachers to leave the school site ASAP.
- Tuesday's Year 6 Pizza lunch, funded by our PTA, will still take place for our leaving cohort. However, the afternoon of games will be relooked at to be more relaxed and not involve active activities (sorry Year 6!).

If it is decided nationally that a Level 4 warning is called, we will expect further national guidance, and in that event, we will update you all.

Yours sincerely, Mr D Bateman Headteacher











