



Scargill Church of England Primary School
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Dear Parents and Carers,

The Met Office has extended a red extreme heat warning for Monday 18 July and Tuesday 19 July, as temperatures are building this weekend and early next week for much of England and Wales. Temperatures could be in excess of 38°C in West Hallam over these two days.

The Department for Education (DFE) have issued schools with information about the expected high temperatures, they are also saying we ARE NOT advised to close. However, if you choose to collect your child early to avoid the hottest part of the day, you can do so from 11 a.m. onwards from our main entrance. If your child usually has a school lunch, please email the address above if your child will NOT be requiring one on these days. Children will not be permitted to walk home independently as they must be collected.

The Y6 Production performance scheduled for Tuesday afternoon will be moved. We will confirm when this will be, via text, to Y6 parents tomorrow.

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

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 (PE kit) and sunhats with wide brims, to use sunscreen, and providing them with plenty of water. Please ensure your child has a filled water-bottle and hat when they arrive at school.

All staff have been made aware of the following information with regards to keeping our children safe. As parents, I feel you should be aware too as you may not know that 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 heatstroke.

Here are the signs of heat related medical conditions in children

The signs of heat stress are: Children may seem out of character and show signs of discomfort and irritability. These signs can include those listed below

for heat exhaustion and will worsen if left untreated leading to heat exhaustion and/or heatstroke

The signs of heat exhaustion include:

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

Signs of heatstroke 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

For more information on heat related illnesses visit [the Department for Health and Social Care's website](#).

If a child is suffering from heat related illness, please take the following steps;

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.

Please be assured that we will take any steps necessary to make sure children are safe and comfortable whilst at school. If pupil numbers reduce during the hottest part of the day, this gives us the flexibility to move children to the 'cooler areas' of school. We will ensure plenty of opportunities for the children to cool off e.g. limit time outside but possibly by shorter, more frequent breaks.

Yours sincerely,

Sarah Hallsworth
Head of School