



# Nightingale Primary School

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Headteacher: Mrs Hannah Beckett

## Heat Wave Update

Dear Parents,

Weather forecasts are indicating a spike in temperatures for Monday and Tuesday next week. The amber warning highlights likely adverse health effects for the public, not just limited to those most vulnerable to extreme heat.

As it stands, it has been made clear to us by Simon Bryant, Director of Public Health that their expectation is that schools and early years settings remain open, in accordance with the national guidance on managing hot weather.

Temperatures could be in excess of 35°C in the southeast, and more widely around 32°C within the warning area. As a result, we will be introducing further measures to help keep our children at a comfortable temperature.

- Children will be able to continue to wear their PE kits for the remainder of term. Plain white t-shirt or plain t-shirt in their house colour with black shorts. Shoulders must be covered up. No crop tops, with breathable, natural fabrics. Sandals are permitted but need backs so no sliders or flip flops.
- All children must wear sun cream.
- All children must bring in water bottles; they are allowed to fill these during the day as per usual. To dispel any myths, children are allowed to access these during lesson times.
- All children must wear sun hats.
- During morning breaktimes children will be required to stay in the shade, managed by class teachers and our support team.
- Lunchtimes will be managed by children spending additional time inside.
- Any children who do not listen to instructions around remaining in the shade will be asked to return inside.
- There will be no PE on Monday.
- On Tuesday, Coach Jake will make adjustments to his PE provision so that children will be taught inside and that any physical activity kept to a minimum.
- Swimming lessons will continue.

Please note that your child will not be taken outside unless they remain in the shade, with the exception of swimming.

For those children attending Minstead next week, the residential will go ahead as planned with the itinerary being adapted to suit the weather conditions.

Finally, please see the following link from the NHS on signs and symptoms of heat exhaustion and heat stroke [Heat exhaustion and heatstroke - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Sincerely and with wishes of good health,



Mrs Hannah Beckett  
Headteacher

Sat 16th  26° 13°	Sun 17th  29° 14°	Mon 18th  36° 20°	Tue 19th  32° 18°	Wed 20th  23° 13°	Thu 21st  23° 13°
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