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Head of School: Mrs S Hallsworth | Executive Head: Mr M Hetherington

Tuesday 23rd June 2026

Dear Parents and Carers,

The Met Office has issued a red extreme heat warning for the coming days as temperatures are building through the week for much of England. Temperatures could be in excess of 35°C in West Hallam over these 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, we will review guidance as and when it is issued and keep you updated.

We have cancelled some school events this week including Y5 swimming, the Y5 trip to the Open Centre and the Transition Workshops for EYFS & KS1 parents.

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 (summer school uniform) and sunhats with wide brims, to use sunscreen, and providing them with plenty of water. You can please help us by continuing to ensure your children come to school with a **named reusable water bottle**, a **wide-brimmed sun hat**, and **high-factor sunscreen pre-applied** before they arrive in the morning. If they wish to bring a hand-held concertina type fan, they can. We have electric fans in each classroom.

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. We will move pupils to the 'cooler areas' of school as and when needed. 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



Malc Hetherington
Executive Head