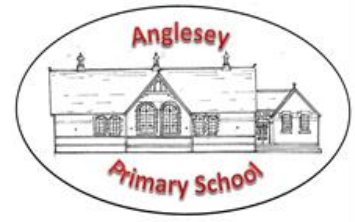


ANGLESEY PRIMARY SCHOOL

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Friday 15th July 2022

Dear Parent and Carers

Re: Heatwave

As you may be aware, we are expecting very high temperatures next week. A lot of our classrooms have reached temperatures as high as 35 degrees this week and this will no doubt rise with the upcoming heatwave! The following decisions have been made to ensure children and staff health and well-being is being looked after.

Important: School will be closing early on Monday (18th), Tuesday (19th) and Wednesday (20th).

Please make arrangements for your child to be picked up at this time. All KS2 pupils will need to be collected by an adult as school is closing before normal school hours.

Pick-up times:

Nursery AM – No change

Nursery PM 12.20 drop-off, 1.30pm pick up

Reception - 1.05pm

Year 1 and 2 – 1.10pm

Year 3 and 4 – 1.15pm

Year 5 and 6 – 1.25pm

Preparation for School

- Children can wear their PE kit for the rest of the term.
- Parents are encouraged to ensure students apply sunscreen before they come to school, and to bring this with them in order to re-apply it when necessary.
- It is essential that your child brings a bottle of water to school, which can be re-filled during the day as needed.
- Children should also bring a sun hat which covers their head, neck and ears for outside activities/play.

During School

- We will encourage the children to stay in the shade during playtime and lunchtime. Outside play

may be reduced.

- Children will be encouraged to have their water bottles in the classroom and will be able to drink at regular intervals.
- PE classes will, as far as possible take place in shaded areas or inside spaces and if necessary cancelled altogether.
- Children will be reminded to wear their sunhats and have water bottles with them.
- If the heat is excessive, activities will be arranged for your child in an alternative (cooler) school space.

Additional information

- All windows will be open as early as possible in the morning to allow cool air to circulate around the school..
- All staff will be briefed on signs of Dehydration & Heat Exhaustion.

I appreciate the short notice of this letter but we have had to monitor the situation to ensure the decisions we have made are necessary.

Should you have any questions, please do not hesitate to contact the school.

Yours faithfully

Mr Doddridge

Heat exhaustion and heatstroke

Heat exhaustion is not usually serious if you can cool down within 30 minutes. If it turns into heatstroke, it needs to be treated as an emergency.

Check for signs of heat exhaustion

The signs of heat exhaustion include:

- a headache
- dizziness and confusion
- loss of appetite and feeling sick
- excessive sweating and pale, clammy skin

- cramps in the arms, legs and stomach
- fast breathing or pulse
- a high temperature of 38C or above
- being very thirsty

The symptoms are often the same in adults and children, although children may become floppy and sleepy. If someone is showing signs of heat exhaustion, they need to be cooled down.

Things you can do to cool someone down

If someone has heat exhaustion, follow these 4 steps:

1. Move them to a cool place.
2. Get them to lie down and raise their feet slightly.
3. Get them to drink plenty of water. Sports or rehydration drinks are OK.
4. Cool their skin – spray or sponge them with cool water and fan them. Cold packs around the armpits or neck are good, too.
5. Stay with them until they're better.

They should start to cool down and feel better within 30 minutes. If they do not improve or their condition worsen you must phone emergency services!

Dehydration

Dehydration means your body loses more fluids than you take in. If it's not treated, it can get worse and become a serious problem.

Important

Babies, children and the elderly are more at risk of dehydration.

Check if you're dehydrated

Symptoms of dehydration in adults and children include:

- feeling thirsty
- dark yellow and strong-smelling pee
- feeling dizzy or lightheaded
- feeling tired

- a dry mouth, lips and eyes
- peeing little, and fewer than 4 times a day

Dehydration can happen more easily if you have:

- diabetes
- vomiting or diarrhoea
- been in the sun too long ([heatstroke](#))
- drunk too much alcohol
- sweated too much after exercising
- a high temperature of 38C or more
- been taking medicines that make you pee more (diuretics)

How you can reduce the risk of dehydration

- Drink fluids when you feel any dehydration symptoms.
- If you find it hard to drink because you feel sick or have been sick, start with small sips and then gradually drink more.
- You can use a spoon to make it easier for your child to swallow the fluids.
- You should drink enough during the day so your pee is a pale clear colour.
- Drink when there's a higher risk of dehydrating. For example, if you're vomiting, sweating or you have diarrhoea.