

St Thomas Becket Catholic Primary School

Advice in light of MET Office extreme heat warning

Currently there is no statutory upper limit specified in UK Health and Safety Law for a maximum permissible temperature in the workplace and the DFE are not advising schools to close. Parents will need to make their own decision with regard to their child's attendance during this period of extreme hot weather.

The school will be implementing the following measures from Monday 18 July.

Heat wave Plan

- Hold outdoor activities in areas of shade whenever possible and encourage children to use shady areas during playtime and lunchtime.
- We encourage parents to apply sunscreen before children come to school.
- We ask parents to ensure children bring their water bottles to school.
- We will encourage children to stay hydrated by drinking water frequently (water bottles in playground and water fountains working).
- Teachers will introduce more formal water breaks for their classes – as they feel it is required during the school day.
- Strenuous outdoor activity will be limited. Ball games have been suspended until end of term.
- We ask parents to ensure their child comes to school with a sun hat (non-uniform sun hats are allowed)
- Children may wear PE kits (shorts not jogging bottoms) for last week of term if they prefer.
- Staff will check the temperature of metal and plastic playground equipment / before children play.
- Lunchtimes will be adjusted to limit the amount of time children play outside- revised lunchtime arrangements.

Classrooms

Windows should be opened at start of day as soon as possible to allow stored heat to escape and support ventilation.

Keep electric lights off where possible as this generates heat.

Fans can be used but at temperatures above 35 degrees, fans may worsen dehydration.

Beware of 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

If a person is suffering from heat related illness these are the steps you should take:

- Move the person to as cool a room (air-conditioned room) as possible and encourage them to drink cool water (such as water from a cold tap)-
- Cool the person as rapidly as possible, using whatever methods you can. For example, sponge or spray the child with cool water (not cold)– 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.
- Contact parents if concerned about a child.
- Dial 999 to request an ambulance if the person doesn't respond to the above treatment within 30 minutes or if you have any concerns.