



Radley CE Primary School & Foundation Stage Unit

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Friday 15th July 2022

Dear Parents,

As you will probably already be aware, there is a Red weather warning for some parts of Oxfordshire next week. The Heatwave alert level for Monday/Tuesday has now been raised to a **level 4 alert**. [UK weather warnings - Met Office](#)

Following advice given yesterday from the DfE and OCC we will not be closing, but will ensure that all actions to mitigate the risk for the children and adults in school are taken.

We will:

- open windows as early as possible in the morning before children arrive to allow stored heat to escape from the building
- almost close windows when the outdoor air becomes warmer than the air indoors – this should help keep the heat out while allowing adequate ventilation
- keep the use of electric lighting to a minimum
- use the Old School, the hall and other spaces which are less likely to overheat. We will also adjust the layout of classrooms to avoid direct sunlight on children
- School start and finish times will remain the same. We will eat indoors away from the heat and reducing the amount of time spent outside in the sun.
- children will not take part in vigorous physical activity so no PE or games that involve running outdoors.
children playing outdoors will be encouraged to stay in the shade as much as possible – under trees or our covered seating area
- children should wear loose, light coloured clothing to help keep cool and sunhats with wide brims to avoid sunburn - we will relax the uniform policy on Monday and Tuesday
- provide children with plenty of water and we will take frequent breaks to encourage them to drink more than usual.

Children are unable to 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 potentially life-threatening heatstroke. The main risk from heat is dehydration (not having enough water in the body). If sensible precautions are taken children are unlikely to be adversely affected by hot conditions, however, our teachers, and teaching assistants will look out for signs of heat stress, heat exhaustion and heatstroke.

Jesus said, "I come to give life - life in all its fullness," John 10:10

Heat stress

Children suffering from heat stress may seem out of character or show signs of discomfort and irritability (including those listed below for heat exhaustion). These signs will worsen with physical activity and if left untreated can lead to heat exhaustion or heatstroke.

Heat exhaustion

Symptoms of heat exhaustion vary but include one or more of the following:

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

Heatstroke

When the body is exposed to very high temperatures, the mechanism that controls body temperature may stop working. Heatstroke can develop if heat stress or heat exhaustion is left untreated, but it can also occur suddenly and without warning.

Symptoms of heatstroke may 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 your child begins to show signs of these or feel unwell we will call you to collect them in the usual way. We are lucky that our EYFS play area is currently very shady, and that we have some cooler areas to work in as needed. We will of course, be adapting our teaching to take into account of the extreme conditions.

Please ensure that you send your child to school wearing sunscreen, a hat and their water bottle. All our Y6 plans will remain the same, the church will be very cool, and the picnic after can take place in the shaded part of the field.

If advice or the forecast changes over the weekend, I will communicate these to you promptly. Fingers crossed we can all stay as cool as possible!

Claire Thomas
Headteacher