



Be the Best You Can,
Guided by God

BOLNEY C.E.P. SCHOOL

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Friday 15th July 2022

Dear families,

Hot weather – red extreme heat warning

Following the red extreme heat warning for Sunday to Tuesday West Sussex County Council has asked me to share the following:

- Minimise exposure to outdoor activities,
- Reduce exposure to the sun,
- Keep children hydrated, covered up, and keeping cool inside,
- Be aware of the risks associated with swimming and cooling off in unsupervised rivers, lakes and other bodies of water,
- Remember if children are playing in water they still need sun cream applied,
- Be vigilant for heat stress, heat exhaustion and heatstroke – the symptoms for these and other useful advice can be found at:

<https://educationhub.blog.gov.uk/2022/07/14/advice-for-schools-and-other-education-settings-during-a-heatwave/>

On Monday, please ensure your child:

- brings a water bottle to school each day, this can be refilled at school
- wears sun cream and a hat.

We will not do PE on those days and breaks will be in the rear playground where it is shadier.

Children can wear their PE kit all day if they find this more comfortable.

Please send in sun cream which can be reapplied at lunchtime.

If your child is feeling even slightly unwell when they wake up on Monday, or you have doubts about their ability to manage the day, please keep them at home for Monday and or Tuesday and let us know.

The current advice is for schools to stay open, if this changes over the weekend I will let you know.

Please stay safe.

Yours faithfully, Lorraine Kenny

