

SWe/JWe
09 June 2023

Dear King's Oak Academy Families,

With warm summer days now an on-off feature for the remainder of term, I wanted to write and address some questions we have received about hot weather.

As we have successfully done in previous summers we will:

- Remind students they can remove their school jumpers. They do not need to wait for permission, as some students do get worried about this staff may mention this to them.
- Remind students to bring water, a hat and sunscreen as required.
- Offer facilities for students to purchase drinks or fill their water bottles at break and lunch.
- Offer shaded or indoor cool areas for break and lunch – no-one has to be outside in an unshaded area.
- In potentially hotter spells, move Year 7-11 classes at the teachers' discretion if a classroom becomes exceptionally hot (only possible as Year 11 are taking exams).

Since the start of Term 6, our central grassed area has been open for students to use during breaktime and lunchtime. It is always a joy to see our beautiful site being used considerably and appropriately by children during their social times in glorious weather. It has also been great to see that children in Years 7-11 have been far more comfortable in the heat than previous years due to their new uniform, many students are now taking the option of wearing charcoal grey tailored shorts or the KOA skirt rather than long trousers to keep cool.


We are also pleased to announce that we have worked with Aspens, our catering provider, to provide new cold drinks options for students to purchase at break and lunch. These cost £1 (through Scopay) and are served in environmentally friendly reusable cups with compostable paper straws – see next page for details.

If you would like further information regarding how to stay cool during hot weather, please visit:

- <https://www.gov.uk/government/publications/beat-the-heat-hot-weather-advice/beat-the-heat-staying-safe-in-hot-weather>
- <https://www.nhs.uk/live-well/seasonal-health/heatwave-how-to-cope-in-hot-weather/>
- <https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

We will continue to keep you updated if this situation changes in regard to the weather.

Best wishes,



Simon White
Vice Principal of King's Oak Academy

Enclosed: Aspen's New Drink Range
Beat the Heat Poster

WORK HARD, BE KIND

PRINCIPAL: MISS K OGDEN CEO: MR STEVE TAYLOR | BROOK ROAD, KINGSWOOD, BRISTOL BS15 4JT
TEL: 0117 9927127 EMAIL: KOA.PRINCIPAL@CLF.UK | WEBSITE: WWW.KINGSOAKACADEMY.ORG.UK



THE GLACIER

DELICIOUS ICE FRUIT DRINKS

ICED TO PERFECTION

with 67% fruit juice syrups. Choose from four deliciously drinkable flavours,

HEALTH FACTS

Each serving gives you 1 of your 5 a day

Contains no nasty additives or colours

No added sugar

Promotes good hydration.

ECO FACT

Served in reusable plastic cups with compostable paper straws

THE BLIZZARD

FABULOUS MILKSHAKES. WHATEVER THE WEATHER!

DELICIOUS FRESHLY CHILLED FLAVOURED MILK

in fabulous fruity flavours with no nasty additives, and of course we have a chocolate flavour too!

HEALTH FACTS

Flavoured milk provides protein, calcium and other essential nutrients for children's diets. A great alternative to the fizzy pop!

ECO FACT

Served in reusable plastic cups with compostable paper straws

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Beat the heat

Plan ahead



Check the weather forecast and the news



Plan ahead to avoid the heat



Schedule activities to cooler times of the day

Keep yourself cool



Drink plenty of fluids and avoid excess alcohol



Wear sunscreen, a hat, and sunglasses



Cool your skin with water and slow down

Find somewhere cool



Close blinds and curtains during the day



Go indoors or outdoors, whichever feels cooler



Avoid closed spaces like stationary cars

Be safe



Be on the lookout for signs of heat related illness



Look after yourself and check in with others



Stay safe when swimming



Get help. Call NHS 111 or in an emergency 999

For more information go to: gov.uk/ukhsa/beat-the-heat

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