

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.
- Break up lunchtime so that students are only outside for a maximum of 30minutes and are encouraged to spend time in the shade.
- In potentially hotter spells, we will provide additional shaded spaces on the lower school site, including opening the field to allow access to more grass and shaded areas in social times where possible.

*It has also been great to see that children taking the option of wearing charcoal grey tailored shorts or a green gingham/checked dress or playsuit rather than long trousers to keep cool. If you have any concerns about how your child is coping in the heat, please speak to their class teacher.*

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 regarding the weather.

Best wishes,



Simon White  
**Vice Principal of King's Oak Academy**

Enclosed: Beat the Heat Poster

**WORK HARD, BE KIND**

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UK Health Security Agency

# 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](https://gov.uk/ukhsa/beat-the-heat)

### WORK HARD, BE KIND

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