



St Paul's Road, Nuneaton, Warwickshire. CV10 8HW

Katherine King
Headteacher

23rd June 2026

Dear Parents/Carers

Heatwave Information

The UK Health Security Agency (UKHSA) and Met Office have issued a Red Health Alert for the West Midlands. As a school we are taking additional precautions to protect children and the team to reduce the impact of extreme heat and keep everyone safe.

We currently have a Heatwave Risk Assessment in place and are taking the following precautions:

- Reducing exposure to direct sunlight particularly between 11am and 3pm.
- Forest School or shaded areas will be used to reduce heat exposure.
- Children have continuous exposure to drinking water with additional hydration breaks for all children.
- Water melon and ice pops are been provided as hydration snacks.
- Paediatric first aiders will be monitoring children who may not recognise signs of dehydration.
- We will be reducing strenuous physical activity and providing calming activities.
- Children in Big/Middle Nursery will have suncream re-applied after their lunch on their extended day.

Please can families:

- Encourage light clothing and provide a named sunhat each day.
- Have suncream applied to your child before they arrive at nursery.
- Provide drinks for your child at home before nursery.

As children under 5 are more vulnerable for heat related illness, please see the attached information about signs, symptoms and action for heat stroke. If your child has any health concerns that may increase their vulnerability to heat please speak to your child's teacher.

The school will continue to risk assess measures to be in place to keep all children, families and staff safe during this period of extreme weather. School is currently remaining open with safety measures in place. However, as a parent/carer if you decide that it is in the best interests of your child to keep them at home to safely monitor their health and wellbeing during this extreme weather - absences will be authorised by the school whilst the red weather warning is in operation for the West Midlands.

Kind regards

K. L. King

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HEAT STROKE

SIGNS, SYMPTOMS AND ACTION |

Heat stroke is a serious medical emergency. Act quickly – it can be life-threatening.

PHYSICAL SIGNS

- Very high body temperature (typically above 40°C)
- Hot, flushed skin (may be dry or only slightly sweaty)
- Rapid heartbeat
- Rapid, shallow breathing
- Severe headache
- Nausea or vomiting

BEHAVIOURAL & COGNITIVE SIGNS

- Confusion or disorientation
- Agitation or unusual behaviour
- Dizziness
- Difficulty concentrating
- Slurred speech
- Loss of coordination

SERIOUS SYMPTOMS (MEDICAL EMERGENCY)

- Collapse or inability to stand
- Seizures / fits
- Loss of consciousness
- Unresponsiveness

HEAT EXHAUSTION VS HEAT STROKE

HEAT EXHAUSTION		HEAT STROKE	
Heavy sweating	SWEATING	Hot skin, often dry	
Pale, clammy skin	SKIN	Flushed, hot skin	
Feeling faint	BEHAVIOUR	Confusion or altered behaviour	
Headache	HEAD	Severe headache	
Nausea	NAUSEA	Vomiting may occur	
Temperature usually below 40°C	TEMPERATURE	Temperature usually above 40°C	
Improves with cooling and fluids	RECOVERY	Medical emergency requiring 999	

IMMEDIATE ACTION IF HEAT STROKE IS SUSPECTED
CALL 999 IMMEDIATELY
 While waiting for emergency services:

- 1 Move the person to a cool, shaded or air-conditioned area.
- 2 Remove unnecessary clothing.
- 3 Cool the person rapidly:
 - Apply cool water to the skin.
 - Use damp cloths or towels.
 - Fan the person continuously if possible.
 - Apply cool packs to the neck, armpits and groin.
- 4 Monitor breathing and responsiveness.
- 5 Do not leave the person alone.
- 6 If unconscious but breathing, place in the recovery position.
- 7 Do not force fluids if the person is confused, drowsy or unconscious.

IF IN DOUBT, TREAT AS A MEDICAL EMERGENCY AND SEEK IMMEDIATE MEDICAL ASSISTANCE.
 Keeping our pupils and staff safe, healthy and well. **Together, we care.**

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