

## Rufford CE Primary School Heatwave Procedures

Government advice to <u>schools</u> that will be followed at Rufford C.E. Primary School	School's advice to <u>parents and carers</u> which we recommend you follow	School's advice to <u>children</u> which we expect them to follow in school
<ul style="list-style-type: none"> <li>• All windows will be opened wide at 7 am to allow overnight heat to escape. Please close them to a child-safe distance before children arrive.</li> <li>• If the air outside becomes warmer than inside, close your windows leaving a small gap ensuring there is still ventilation.</li> <li>• All electrical equipment – PCs, monitors, printers to be switched off (not on standby) when not in use.</li> <li>• Children to bring water bottles from home, these are to be refilled throughout the day as necessary.</li> <li>• Teachers to provide jugs of water and cups and, as far as possible, ensure that all children drink throughout the day at designated times and as required.</li> <li>• Adults to encourage children to eat as normal.</li> <li>• Adults should look out for signs of heat exhaustion and heat stroke (see below).</li> <li>• Adults to be vigilant for key symptoms as described below.</li> </ul>	<ul style="list-style-type: none"> <li>• Apply 12 hour sun cream to your child before school starts.</li> <li>• Send your child to school with extra water – you could try freezing one water bottle which will melt throughout the day, and also be cool for them to hold.</li> <li>• Send your child to school with a hat with a wide brim.</li> <li>• Jumpers, cardigans and hoodies should be sent to school but not worn.</li> <li>• Children may remove their ties.</li> </ul>	<ul style="list-style-type: none"> <li>• Try not to run around too much</li> <li>• Drink plenty of water or sugar free juice</li> <li>• Stay in the shade</li> <li>• Stay inside</li> <li>• Take your water bottle outside or drink before or immediately after being outside.</li> <li>• May use of the books provided outside to read in the shade</li> <li>• Sit under the trees/in shaded areas</li> <li>• Do not play football or active sports on days which are too hot to stop you overheating</li> </ul>
	<p style="text-align: center;"><b>Further information</b></p>	<p style="text-align: center;"><b>Additional equipment to be available</b></p>
	<ul style="list-style-type: none"> <li>• Indoor lunchtime arrangements will be in place.</li> <li>• Running and contact sports will not take place.</li> <li>• If outside, children will be told to stay in the shade and not to run.</li> <li>• Staff will talk to children about keeping cool – See guidance on top right of document.</li> <li>• Individual classes may organise fresh air breaks in shaded areas of school site.</li> </ul>	<ul style="list-style-type: none"> <li>• Paper towels</li> <li>• Spray bottles of water to be issued to each class for cooling purposes</li> <li>• Fans in classrooms</li> </ul>

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## **Key Symptoms to be aware of**

### **Head exhaustion symptoms**

Tiredness

Dizziness

Headache

Nausea

Vomiting

Hot, red and dry skin

### **Heatstroke Symptoms**

Body temperature of **above 40 degrees Celsius**

Red, hot skin and sweating that suddenly stops

Fast heart beat

Fast shallow breathing

Confusion / lack of co-ordination

Fits

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Loss of consciousness

**The following actions should be taken if a child is suffering from a heat illness:**

Move the child to the coolest room in school.

Encourage them to drink cool water.

Cool the child as fast as possible using whatever method you can eg. run wrists under cold water; cold packs around the neck or wrapping children in a cool wet sheet

School will be following the guidance produced by the Department of Health and Social Care “looking after children during heatwaves: for teachers and professionals”

[https://www.gov.uk/government/publications/heatwave-plan-for-england/looking-after-children-and-those-in-early-years-settings-during-heatwaves-for-teachers-and-professionals?utm\\_source=14%20July%202022%20C19&utm\\_medium=Daily%20Email%20C19&utm\\_campaign=DfE%20C19](https://www.gov.uk/government/publications/heatwave-plan-for-england/looking-after-children-and-those-in-early-years-settings-during-heatwaves-for-teachers-and-professionals?utm_source=14%20July%202022%20C19&utm_medium=Daily%20Email%20C19&utm_campaign=DfE%20C19)