

## Hot Weather Guidance

### Overview:

This document provides an overview of how we will support the school communities across our partnership during periods of extreme hot weather. It is intended as whole-school guidance to ensure that all stakeholders in both schools understand the importance of prioritising the wellbeing, health, and safety of both children and staff. By working together, we can minimise risks and ensure a safe and supportive environment during high temperatures.

### Department for Education (DfE) Guidance

Our approach reflects general Department for Education expectations that schools:

- Take **reasonable steps to ensure the health, safety and welfare** of pupils and staff.
- Make **temporary adjustments to the school day or activities** during extreme weather.
- Use professional judgement to balance **learning and wellbeing** during unusual conditions.

While there is no fixed maximum classroom temperature set by the DfE, schools are expected to follow health and safety guidance (*including from the Health and Safety Executive*) to ensure environments remain safe and suitable for children. Our aim is to ensure that we manage areas across both schools that can ensure a continuity of education for children, while also ensuring we support their safety and comfort.

### Key Priority:

The wellbeing, safety and health of pupils and staff will always come first. Learning will be adapted as needed during any period of hot weather.

### What the school staff will do:

During periods of hot weather, staff will prioritise children's wellbeing and adapt practice accordingly:

#### Hydration

- Ensure all children have regular opportunities to drink water throughout the day.
- Encourage frequent small sips rather than relying on break times alone.
- Allow children to keep water bottles on desks where appropriate.

#### Use of Cooler Spaces

- Where possible, rotate classes into rooms with air conditioning or cooler environments.
- Make use of shaded outdoor areas (in short bursts) when they provide relief from heat.
- Keep blinds/curtains closed during peak sunlight hours and manage windows to maximise airflow.

#### Curriculum & Cognitive Load

- Reduce cognitive demand where needed — recognise that learning may take longer in the heat.
- Provide shorter, more varied activities with opportunities for rest and movement.
- Focus on consolidation and low-stakes learning tasks rather than introducing complex new concepts where possible.

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### Physical Activity & Outdoor Learning

- Consider cancelling or adapting PE lessons and outdoor activities, particularly during the hottest parts of the day (particularly between 11am–3pm).
- Consider cancelling any clubs or activities after school or providing an alternative inside, cooler alternative.
- If activities go ahead, keep them low intensity, in shaded areas, and ensure frequent water breaks.

### Safeguarding & Monitoring

- Be vigilant for signs of heat-related illness (*e.g. dizziness, headaches, nausea, unusual tiredness*).
- Pay extra attention to pupils with known medical conditions.
- Take immediate action if a child appears unwell and follow school procedures.

### What the School Leadership Team will do:

School leaders will ensure that robust, dynamic risk management processes are in place during periods of extreme heat:

- Daily risk assessments will be undertaken to review temperature conditions, building environment, and pupil/staff wellbeing.
- Support teacher with their plans to ensure they will be adapted in response to daily conditions, including timetables, room usage, and activity levels.
- Leaders will ensure clear communication with staff so that expectations and adjustments are understood.
- Decisions will prioritise the safety, health, and wellbeing of the entire school community at all times.
- Where necessary, contingency measures will be implemented swiftly to respond to escalating temperatures or emerging risks. These measures will be shared with all stakeholders as appropriate.
- Liaise with any external providers to ensure they reflect on the heat and weather conditions and amend their activities accordingly.

### What any External After-School Clubs and Wraparound Provision will do:

During periods of extreme heat, wraparound care will take additional steps to ensure children remain safe and comfortable:

- Where available, prioritise the use of air-conditioned or cooler indoor spaces for activities.
- Avoid prolonged use of hot or poorly ventilated areas.
- Plan quieter, low-energy activities that reduce physical exertion.
- Ensure children have continuous access to drinking water and are encouraged to hydrate regularly.
- Limit outdoor play to cooler parts of the day and ensure shaded areas are used.
- Maintain appropriate supervision levels to closely monitor children for signs of heat-related illness.
- Adjust staffing and activity plans where needed to respond to changing temperatures throughout the session.
- Contact parents as soon as possible if any session of the club is to be cancelled or activity location changed.

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### Guidance for Parents and Carers

To support your child during the hot weather, please:

#### Food, Water & Hydration

- Ensure your child has had a good breakfast and enough fluids before arriving - starting the day hydrated makes a big difference.
- Ensure your child brings a clearly labelled water bottle to school every day.
- Consider sending your child in with a small, healthy snack like fruit (*e.g. watermelon, grapes*) that helps with hydration.

#### Clothing & Cooling Strategies

- Children may wear PE kit if this is more comfortable during hot weather.
- Freeze a small bottle of water overnight so it stays cool during the school day.
- Provide a damp flannel or cooling towel in a small bag to help your child cool down if needed.
- Use insulated lunch boxes or ice packs to keep food fresh and safe.

#### Sun Protection

- Apply sunscreen before school (*long-lasting where possible*).
- Provide a hat/cap for outdoor use.

#### Medical Needs

- Inform the class teacher of any underlying medical condition (*e.g. asthma, heart conditions, heat sensitivity*) or any specific risks linked to hot weather.
- This helps staff understand how best to support your child and monitor their wellbeing.

#### Communication and Support for the Schools

- Be understanding if routines change (*e.g. more indoor time, reduced physical activity, or shorter outdoor sessions*).
- Encourage children to follow staff instructions about staying in shaded areas and taking breaks.
- Inform school staff if your child has struggled with heat at home (*e.g. headaches, poor sleep*), even if they don't have a formal medical condition.
- Reinforce key messages at home such as drinking water regularly and taking care in the sun.
- Check school communications regularly for updates or changes during hot weather periods.