



**PURSTON INFANT SCHOOL**  
Nunn's Lane, Featherstone  
Tel: 01977 704344  
[www.purstoninfants.co.uk](http://www.purstoninfants.co.uk)



15<sup>th</sup> July 2022

Dear Parents/Carers,

The Met Office has extended an amber extreme heat warning area for Sunday 17th July, Monday 18th July and Tuesday 19th July, as temperatures will build this weekend and early next week for much of England and Wales. The amber warning highlights likely adverse health effects for the public, not just limited to those most vulnerable to extreme heat.

Temperatures will be between 32 -35°C within the warning area, with Monday and Tuesday most likely to see temperatures around this level. There is clear government guidance on looking after children and those in early years settings during heatwaves these include: -

- use of ventilation,
- keeping children hydrated,
- avoiding vigorous physical activity,
- encouraging children to wear loose, light coloured clothing and sunhats with wide brims,
- to use sunscreen,
- provide them with plenty of water.

There is no current advice suggesting schools should close.

We will therefore be adapting provision during Monday and Tuesday so to reduce the risks of any extreme heat.

Please send your children into school:-

Wearing loose-fitting light-coloured clothes.

Wearing a sun hat.

Wearing high factor sunscreen applied before school and some with them to apply during the day.

Bring a refillable water bottle

- Children will not take part in vigorous physical activity where temperatures are in excess of 30°C.
- Children will be encouraged when outdoors to stay in the shade as much as possible and may not go outside at the hottest part of the day.
- Children will be encouraged to drink more than usual when conditions are hot.
- Windows will be opened as early as possible in the morning before children arrive to allow stored heat to escape from the building.

What are signs of heat exhaustion?

- dizzy or confused, and complaining of headaches or cramps
- sweating, with cooler skin to the touch
- paler than usual - depending on your skin tone, this could mean your skin looks ashen, grey or a more yellowish hue. It might be easier to notice this change in colour on the palms of hands, nails, eyes, gums or tongue.
- feel nauseous, with fast breathing and heart rate.

What is heatstroke?

Heatstroke occurs when someone becomes so hot it causes a failure of the brain's thermostat, leading to the body becoming dangerously overheated. It is an emergency and needs medical help urgently.

What are signs of heatstroke?

A person with heatstroke may:

- have hot, flushed and dry skin
- have a headache, feel dizzy or be confused and/or restless
- rapidly worsening condition leading to being unresponsive
- body temperature over 40°C

What do I do if someone has heatstroke?

Call 999 immediately or ask someone else to do it. Quickly move them into a cool environment and remove outer clothing. Loosely wrap the person in cold damp clothes or a sheet. Continuously pour cold water over the sheet or clothes. If there is no sheet available, you can also fan them or sponge them with cold water. Keep cooling them while waiting for help to arrive. If their temperature returns to normal and they no longer feel hot to touch, you can stop cooling them. Replace the wet sheet with a dry one and help them to rest.

Thank you for your ongoing support

Yours sincerely

Mr Barnett



The Designated Senior lead for Safeguarding and Child Protection is the Headteacher, Phillip Barnett, supported by the Deputy Headteacher, Alison Gascoyne, and Family support worker Kerry Dyas.  
Social Care Direct 0345 8503 503 [social\\_care\\_direct@wakefield.gov.uk](mailto:social_care_direct@wakefield.gov.uk)