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Headteacher: Miss T. Smith

17.07.22

Dear parents,

Further to the letter we shared with you last week, I am writing to give more details around plans in place to ensure your children's safety during the next few days.

Firstly, the following details around the symptoms of heat-related illnesses have been shared with staff who will be vigilant of any signs of ill health:

### Heat stress

Children suffering from heat stress may seem out of character or show signs of discomfort and irritability (including those listed below for heat exhaustion). These signs will worsen with physical activity and if left untreated can lead to heat exhaustion or heatstroke.

### Heat exhaustion

Symptoms of heat exhaustion vary but include one or more of the following:

- tiredness
- dizziness
- headache
- nausea
- vomiting
- hot, red and dry skin
- confusion

## Heatstroke

When the body is exposed to very high temperatures, the mechanism that controls body temperature may stop working. Heatstroke can develop if heat stress or heat exhaustion is left untreated, but it can also occur suddenly and without warning.

Symptoms of heatstroke may include:

- high body temperature – a temperature of or above  $40^{\circ}\text{C}$  is a major sign of heatstroke
- red, hot skin and sweating that then suddenly stops
- fast heartbeat
- fast shallow breathing
- confusion/lack of co-ordination fits
- loss of consciousness

## Actions to protect children suffering from heat illness

The following steps to reduce body temperature should be taken immediately:

- Move the child to as cool a room as possible and encourage them to drink cool water (such as water from a cold tap).
- Cool the child as rapidly as possible, using whatever methods you can. For example, sponge or spray the child with cool ( $25$  to  $30^{\circ}\text{C}$ ) water – if available, place cold packs around the neck and armpits, or wrap the child in a cool, wet sheet and assist cooling with a fan.
- Dial 999 to request an ambulance if the person doesn't respond to treatment within 30 minutes.
- If a child loses consciousness, or has a fit, place the child in the recovery position, call 999 immediately and follow the steps above until medical assistance arrives.

Please be assured that if our staff have any concerns at all around the welfare of your children, we will contact you without hesitation to arrange for them to be collected.

Regarding your child's attendance at school, we have taken action to ensure their safety (please see our previous letter: [hot-weather-information.pdf \(primarysite-product.s3.amazonaws.com\)](#)) but there are some further options if you still feel uncomfortable:

1. Ring the office or email [attendance@chaucer-jun.derbyshire.sch.uk](mailto:attendance@chaucer-jun.derbyshire.sch.uk) to explain your concerns and we will authorise your child's absence – they will still be classed as absent but, given the extreme circumstances, we will support your decision.
2. Contact the office and arrange to collect your child early. Depending on the time of collection, this may not impact your child's attendance percentage.

Please note that if the office is not contacted about your child's absence, it will be classed as unauthorised.

Above all else, we hope that you and your family are able to enjoy the sun safely and we hope to see many of you tomorrow for some free ice poles!

Kind regards,

Miss T Smith

