

Mr Rohan Allen
Head Teacher



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Dear parents / carers,

As you are well aware we are heading towards some very high temperatures. It is important that we share our advice and suggestions in order to keep our children safe and well when experiencing temperatures we very rarely experience. Please, we encourage you to:

- Apply **sun cream** to your child before attending nursery. If they are here all day, we can reapply. Please bring in your own sun cream, otherwise we will be using [Altruist SPF 50 Dermatologist Sunscreen 1 Litre](#)
- Please make sure you **fill in the electronic form** regarding sun cream if you haven't already done so
- Please **bring a hat** that covers your child's head and (even better) that offers neck protection
- Dress your child in **light, loose fitting clothing** that doesn't expose too much of their skin
- Help with hydration; if your child prefers to drink out of their own **water bottle** please bring that in, clearly labelled with their name
- Talk to your child about the importance of drinking lots of water

If you feel that you can keep your child better hydrated and cooler at home when the temperatures hit their highest (Tuesday, Wednesday and Thursday) then you are welcome to do so. This could help bring numbers down and help to regulate the temperature (more bodies increase the internal temperature of rooms).

- We will be actively encouraging children to drink more water than usual
- Monitoring the temperatures in the classrooms to make sure they are at safe levels
- Keeping lights off where possible, opening windows for ventilation in the morning and then keeping them almost closed during the hottest parts of the day to allow ventilation but not encourage hot air
- Using fans but stopping using them when the temperatures get to beyond 35 degrees.
- Encouraging children to use shaded areas more than usual in order to avoid prolonged exposure to the sun
- Talk to the children about how to keep cool and hydrated during hot weather

Thank you for your continued support in helping us to keep your child safe and happy at school.

Kind regards,

Rohan Allen

Headteacher

