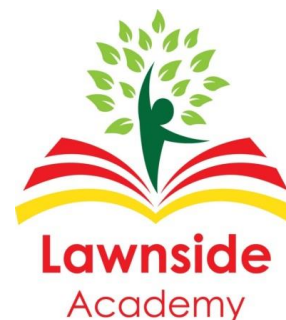


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16th July 2022

Good afternoon Parents / Carers,

Apologies for this second communication but we think it is important to update our communication from yesterday as the Met Office has issued its first red extreme heat warning for some areas of England on Monday and Tuesday. This is therefore once again a novel situation. For the first time temperatures of 40°C have been forecast in the UK. Exceptional heat is expected to affect a large part of England early next week, with temperatures likely in the high 30°sC in some places and perhaps even reaching 40°C. The Met Office has extended the amber extreme heat warning for Monday and Tuesday for other areas of England, Wales and Scotland.

The step up in warning level to red is running parallel to an increase in the current Heat Health Warning to Level 4 for England by the UK Health Security Agency. Level 4 is the highest level in the UKHSA and NHS joint guidance for Protecting health and reducing harm from severe heat and heatwaves.: *“Level 4 is reached when a heatwave is so severe and/or prolonged that its effects extend outside health and social care system, such as power or water shortages, and/or where the integrity of health and social care systems is threatened. At this level, illness and death may occur among the fit and healthy, and not just in high-risk groups, and will require a multi-sector response at national and regional levels.”*

The Department for Education are not advising schools to close. We will be keeping Lawnside open for as many children as possible however, it might be necessary to close temporarily if classroom temperatures become too hot and pose a risk to health and safety; we only have air-conditioning in 2 of our classrooms. There is very little shade available on the field and so we may need to keep pupils indoors at lunchtime. We will ensure that children are drinking regularly and we will avoid any vigorous physical activity.

Please ensure that children come to school wearing loose, light coloured clothing, sunhats with wide brims, have sunscreen applied, and bring plenty of water.

For your information, below are the signs of heat-related medical conditions and on first aid for heat related illness:

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°C (104°F) 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°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 the above 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.

We hope this is helpful to you and we will keep you updated as the situation develops. We will provide an update on Monday morning.

Yours sincerely



Cheryl Johnson
Head Teacher