

Haydon Abbey School and Pre-School

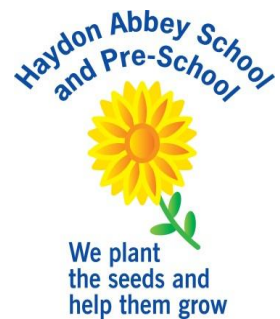
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Headteacher: Miss Ashleigh Ferdinand



18 June 2026

Subject: Important: Amber Heat-Health Alert precautions for tomorrow

Dear Parents and Carers,

As you may be aware, the UK Health Security Agency (UKHSA) and the Met Office have issued an Amber Heat-Health Alert for tomorrow. Because children can be more sensitive to high temperatures than adults, we are putting several sensible precautions in place to ensure our pupils stay safe, cool, and comfortable throughout the school day.

To align with official guidance recommending loose clothing, school ties and jumpers do not need to be worn tomorrow.

Please ensure your child comes to school prepared with the following:

- **Cool Clothing Options:** Pupils may wear any of the following school uniform options tomorrow:
 - **Official PE Kit:** Pupils are welcome to wear their official school PE kit for the day instead of their standard uniform. Please note this must be regulation school PE kit, not commercial sportswear. Tight, "Nike Pro" style shorts and cropped/belly tops are not permitted.
 - **Uniform Shorts:** Standard school shorts are permitted. Please ensure they are a loose, comfortable fit and of an appropriate, sensible length for school.
 - **Summer Dresses:** For pupils who normally wear them, school summer dresses are highly recommended as they are naturally very cool and loose-fitting.
- **Named Sun Hat:** Please send your child with a sun hat (preferably wide-brimmed) for break times. Please ensure the hat is clearly named so it does not get lost or mixed up.
- **Named Water Bottle:** It is vital that every pupil has a clearly labelled water bottle. We will provide regular opportunities for refills and will actively encourage children to drink much more water than usual.
- **Sunscreen:** Please apply a generous amount of high-factor sunscreen (SPF 30 or higher with a high UVA rating)—preferably an "all-day long wear" formula—to your child before they leave for school. Please note that school staff are unable to apply sunscreen to pupils during the day.

What we are doing at school:



Following official Department for Education (DfE) safety guidance, our staff will be taking active steps to manage the environment both indoors and outdoors:

- Restricting Physical Activity: Even though pupils may be wearing cooler clothing or PE kits, they will not take part in vigorous physical activity or strenuous sports during the hottest parts of the day.
- Maximising Shade: We will be encouraging children to remain in shaded areas as much as possible during break times and lunchtimes.
- Keeping Classrooms Cool: We are managing building temperatures by opening windows early in the morning, closing blinds against direct sunlight, utilising fans, and turning off unused electrical equipment to reduce indoor ambient heat.
- Monitoring Health: Our staff are trained to look out for early signs of heat stress and exhaustion (such as unusual irritability, tiredness, dizziness, or headaches) and will take immediate action to cool any child down if needed.

Medical Conditions: If your child has a complex medical condition, asthma, or clinical vulnerability that makes them particularly sensitive to the heat, please ensure you have shared any specific or updated advice from their clinical team with their class teacher or the school office.

Thank you for your swift cooperation and support in helping us keep our school community safe and comfortable.

Kind regards.

Miss Ferdinand

Headteacher