

Preparing Your Child for School in the Sunshine

- Please apply sunblock or factor 50 sunscreen before school each morning. This should be a long lasting sunscreen which will protect your child throughout the school day.
- Please ensure that your child wears a sun hat to school and keeps it in school for use during the day.
- Ensure that your child brings in a full water bottle to school every day.
- Wait in the shade before school and when you are waiting to collect your child.

Additional Support

- If your child has any medical needs that are affected by the heat, please inform the school at your earliest convenience. We will then be able to make any appropriate arrangements to ensure that your child is best cared for in the case of hot weather.

Don't Forget to Protect Yourself

It is vital that we all protect ourselves from the sunshine. As devastating as skin cancer can be, it is also one of the easiest types of cancer to take steps to prevent.

You should wear sunscreen all year around, not just during the warmer months or sunny days. Apply sunscreen to all exposed skin before you go outside.



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Wheatfield Primary School



Safety in the Sunshine

Guidance for parents and carers



Information for Parents and Carers

Although most of us welcome the summer sun, high temperatures can be harmful to our health.

Hot weather can affect anyone, but some people run a greater risk. This guidance leaflet will help you ensure that your child stays safe in hot weather whilst they are in school.

Public Health England produce a useful guidance document called "Beat the Heat: Staying Safe in the Hot Weather". This provides some further information which you may find useful.



Top Tips for Staying Cool

- Stay out of the heat.
- Cool yourself down.
- Keep your environment cool.

What Can You Do



- Avoid being out in the sun during the hottest part of the day.
- Have a bottle of water with you at all times.
- Wear high protection sun cream (either a sunblock or factor 50 is recommended for all school children).
- Wear a sun hat when outside.
- Avoid extreme physical exertion.
- If you are outside, try and stay in the shade.
- Wear lightweight loose clothing.
- Wear sunglasses. These will protect the tender skin around your eyes and can also reduce your risk of cataracts.
- Do not leave babies, children or animals in the car at all – not even for short periods of time.

Signs of Heat Related Illness

- Nausea and vomiting.
- Headache.
- Dizziness or vertigo.

- Fatigue.
- Hot, flushed, dry skin.
- Rapid heart rate.
- Dry skin.
- Profound sweating.

If you notice someone is showing signs of a heat related illness:

- Get them to lie down in a cool place, such as a room with air conditioning or somewhere in the shade.
- Remove any unnecessary clothing to expose as much of their skin as possible.
- Cool their skin with cool water, you could use a cool wet sponge or flannel, cool water spray, cold packs around the neck and armpits, or wrap them in a cool, wet sheet.
- Fan their skin while it's moist – this will help the water to evaporate, which will help their skin cool down.
- Get them to drink cool fluids – these should ideally be water, diluted fruit juice or a rehydration drink, such as a sports drink.



