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Dear Parents/Carers,

Hotter Summer temperatures are becoming more and more normal as part of our British climate. The actions that we are taking are therefore helping us to create the standards for this new 'normal'. As the weather continues to remain high we are mindful of the actions that we can take to keep your children as cool as possible while at school.

As we advised earlier in the week, please continue to help your child prepare for the heat by ensuring that they:

- Bring plenty of water
- Apply sunscreen before arriving to school and bring some with them, if needed for their journey home
- Wear a cap or wide brimmed hat for outdoor break and lunchtime activities
- Stay hydrated and take advantage of shaded areas during the day

In addition to this advice, we are putting the following measures in place:

- We are avoiding the sun when it is strongest, typically between 11am and 3pm. We are keeping students inside as much as possible, whilst still asking that students apply their sunscreen appropriately.
- We encourage students to wear a wide-brimmed hat and seek shade. Students will not be allowed into open areas where there is direct sunlight. Other spaces are being provided for them to remain under shade and in the cool.
- We are keeping our classrooms cool by keeping windows and curtains closed in rooms that face the sun during the day. If classrooms are particularly hot, we are using spaces freed up by Year 11 having left to use cooler rooms
- We have limited strenuous physical activity for students and PE lessons have been reduced to avoid overheating.
- We are encouraging the staff and students to stay hydrated throughout the day, not only when thirsty but if sweating heavily. We have set up additional water points in school that students can access at break, lunch and in between lessons. We will be reminding the students to fill up their bottles during breaktimes, rather than waiting until the end which has caused queues.
- We are reducing the use of non-essential electronics, TV, laptops and chargers, etc. which generate heat.

Please refer to the following guidance on how to keep your homes and children cooler at home:

<https://ukhsa.blog.gov.uk/2026/06/23/how-to-keep-cool-and-stay-well-during-hot-weather/>

Yours sincerely,

The Houlton Senior Leadership Team