Thomas Hinderwell Primary Academy
Seamer Road
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Principal: Mrs. C Webster

Thomas Hinderwell Heatwave Policy

1. **Introduction** – This policy outlines the procedures and measures to be taken by Thomas Hinderwell Primary Academy to ensure the safety and wellbeing of students and staff during periods of extreme heat, as defined by a heatwave. A heatwave is a period of unusually hot weather that can pose health risks. This policy aims to minimize these risks and maintain a safe learning environment.

2. **Monitoring and Communication** – The school leadership will monitor weather forecasts from the Met Office and other reliable sources.

   - Once a heatwave is forecasted or begins, the school will communicate with parents and staff via email or the school's app. This communication will inform them of the measures being taken and provide advice on preparing students.
   - Parents will be advised to ensure their children come to school with a water bottle, a hat, and a bottle of sunscreen (for self-application)

3. **Measures to Be Taken During a Heatwave** – The following measures will be implemented to mitigate the effects of high temperatures:

   - Hydration breaks – Students and staff will be encouraged to drink water frequently throughout the day.
     Teachers will schedule frequent "water breaks" to allow students to refill their bottles and rehydrate
     Water will be offered to students during PE lessons and other outdoor activities.

   - Uniform and dress code – The school's uniform policy may be temporarily relaxed. Students may be permitted to wear a lighter uniform, or their PE kit.
     The school will inform parents in advance of any changes to the uniform policy.

   - Classroom and Building Environment – Classroom windows and doors will be opened early in the morning to allow cooler air to circulate and then closed during the hottest part of the day to keep warm air out.
     Blinds or curtains will be kept closed to block direct sunlight.

   - Activities and Curriculum – Outdoor play and PE lessons will be limited, rescheduled for the cooler parts of the day (early morning or late afternoon), or moved indoors.

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Vigorous physical activities will be discouraged.
Trips or outings that involve prolonged exposure to the sun may be postponed or canceled.

4. **Student and Staff Health -** Staff will be made aware to recognize the symptoms of heat-related illnesses, such as heat exhaustion and heatstroke. These symptoms include dizziness, nausea, headaches and profuse sweating.

   Any student or member of staff showing signs of heat related illness will be moved to a cool area and given sips of water. Parents or emergency services will be contacted immediately if symptoms persist or worsen.

   Students with pre – existing medical conditions that are exacerbated by heat will be given special consideration. Parents are encouraged to inform the school of these conditions.

5. **Review –** This policy will be reviewed annually and updated as necessary to ensure it remains relevant and effective in keeping students and staff safe during periods of high temperatures.

Policy last updated 24th September 2025
Signed: Mrs C Webster (Principal)