



Spring Common Academy

American Lane
Huntingdon
Cambs.
PE29 1TQ
Head of School: Julia McIntosh
School Telephone: 01480 377403
office@springcommon.cambs.sch.uk
www.springcommon.cambs.sch.uk

15th July 2022

Parents and Carers

Re: Red Extreme Heat Warning – Monday 18th and Tuesday 19th July

We have received health and safety advice regarding the period of extreme heat which is forecast for Monday and Tuesday next week. We know there are some children and young people who will be adversely affected by the heat due to medical conditions or an inability to regulate their temperature. If this applies to your child and they will not be in school, please let us know with the reasons and we will authorise the absence. We will make remote learning available.

The current advice is for schools to remain open and we will implement all measures to keep your child cool in the extreme heat:

- We request that all students arrive with plenty of drinking water, we will ensure bottles are filled regularly.
- Non uniform days to allow students to wear cool but appropriate clothing.
- We will limit outdoor activities during the hottest part of the day and use the coolest rooms on site for lessons.
- There will be a fan in every classroom.

We will be taking note of any signs of heat exhaustion or stress (listed below) and if your child is unwell, we will seek advice and be aware that you may need to collect them.

Please continue to check our website for further updates.

Yours sincerely

Julia McIntosh
Head of School

Spring Common Academy is part of Horizons Education Trust

Executive Head Teacher: Dr Kim Taylor OBE Tel: 01480 377404



Possible Symptoms:

Heat stress

Hot, red, dry skin
Fatigue
Dizziness
Headache

Heat exhaustion

One or more of the following
Tiredness
Dizziness
Headache
Nausea
Vomiting
Hot, red, dry skin
Confusion.

Heat stroke

High body temperature of 40 C
Red hot skin
Sweating – suddenly stops
Fast heartbeat
Fast shallow breathing
Confusion
Seizures
Loss of consciousness