



# The Avon Valley School and Performing Arts College

15<sup>th</sup> July 2022

Dear Parents/Carers,

As you will know, it is due to be extremely hot over the next few days and the meteorological office have issued the first ever red warning for extreme heat. This means that temperatures in the UK are likely to reach potentially dangerous levels during Monday and Tuesday.

To help to ensure student wellbeing, all students are advised to wear their PE kits on Monday and Tuesday. If they choose to attend in uniform, they do not need to bring their blazer.

The weather forecast currently shows that the temperatures will have dropped by Wednesday when we are planning to hold sports day. Students are already expected to be in their house colours for sports day and in non-uniform on Thursday. However, please remember that school is the workplace for our 120 staff members and that all students should be decently dressed; crop tops and other revealing items of clothing are not appropriate.

As pupils' skin will be more exposed when wearing PE kit, please ensure your child is wearing a high sun protection factor sunscreen and they may wish to have a basketball-style cap or sun hat to wear (when outside!). Where possible, please give them sun cream to re-apply before breaks and the journey home. Indoor space will be made available for students at break and lunchtime so those who do not wish to go outside will not have to do so. During PE lessons, staff will make the decision to use the sports hall and the gym when appropriate as the heat levels build during the day. We have plans in place to re-room lessons from the warmest of our classrooms into other cooler rooms around the school.

Please remind your child they will need to drink more frequently than usual so it is advisable to bring plenty of water or a refillable water bottle to school.

Finally, please remind your children that local rivers and reservoirs maintain extremely cold temperatures at depth, even during extreme hot weather, so entering them is extremely dangerous. In particular, when the body is warmer than usual, immersion in cold water rapidly incapacitates and can kill. The sudden exposure of the head and body to cold water can cause a number of involuntary body reactions – this condition is known as cold water shock. It is one of the most profound stimuli that the body can encounter and it cannot be prevented, so please have a chat with your child about keeping themselves safe when they are out and about.

I hope that you have an enjoyable weekend and stay well through the heat of the next few days.

Yours sincerely,

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