



# The Cedars Primary School

## Newsletter

Monday 12th June 2023

### Hot Weather Alert

The UK has been under a National Emergency Alert for severe hot weather, below are some heat safety tips for keeping children safe in the heatwave.

#### Sunscreen

Please apply suncream before sending your child to school to protect your child from potential sunburn.



#### Drink Lots of Fluids

Remember to remind your child to drink plenty of liquids, regardless of their activity level. We will have a supply of water available in each classroom and during lunchtime for children to drink so that they stay hydrated at school.

#### Get Lots of Rest

After school try and limit activities. Make sure that children get lots of rest when they are active. Children may not sleep well at night so try to encourage rest when they come home from school.



#### Reassure Children

Children may be stressed by the heat. Remember that children take their cues from their parents and caregivers, so try to keep calm and answer their questions openly and honestly. Also stick to regular bath/shower, eating and sleep times for your child.



#### House Cooling Tips

During the day, keep rooms cool by closing blinds/curtains, especially in rooms facing the sun. Using a fan to circulate air in the room is beneficial.