

Guidance for Schools During a Heatwave

Periods of extreme heat can have a significant impact on the health, wellbeing and learning of pupils and staff. Schools should take proactive steps to minimise risks and ensure a safe and comfortable environment.

There is guidance and a Heatwave Checklist on Suffolk Learning under [Latest News](#) with regards to safety and health during the current hot weather (screen shot at the end of this article).

Schools also need to remember the other aspects of business continuity.

Risk Assessment:

- Schools must risk assess the impact of heatwaves on their premises and cohort
- This risk assessment should take into account the available resources to keep cool and well
- It should also evidence the temperature within the building to ascertain whether further action is required.

The most recent DfE Advice can be found [HERE](#).

Emergency Preparedness

- Review procedures for dealing with heat-related illness.
- Ensure first aiders are equipped and aware of emergency protocols.
- Know when to seek medical attention.

Education provision at home

- Ensure that pupils and students are adequately educated if your school is shut due to adverse weather
- Ensure that you notify SCC of any [school closure via MS Forms](#)
- Ensure that staff wellbeing is considered when working from home.

'Pure' Health and Safety measures are as follows:

1. Ensure Adequate Hydration

- Encourage pupils and staff to drink water regularly throughout the day.
- Allow water bottles in classrooms and permit frequent refilling.
- Remind students not to wait until they feel thirsty to drink.

2. Adapt the School Day

- Consider adjusting timetables to **avoid** more physically demanding activities during the hottest part of the day (typically 11am–3pm).
- Where possible, shorten lessons or build in additional rest breaks.

- Be flexible with uniform policies (e.g. allowing lighter clothing where appropriate).

3. Manage Indoor Temperatures

- Keep classrooms cool by closing blinds or curtains during peak sunlight.
- Open windows early in the morning or later in the day to allow airflow.
- Use fans where available, ensuring they are used safely and appropriately.
- Move activities to cooler areas of the school if possible.

4. Outdoor Activity Guidance

- Limit or suspend outdoor activities, including PE, during peak heat hours.
- Ensure shaded areas are available if outdoor time is necessary.
- Require sun protection such as hats and encourage the use of sunscreen.

5. Support Vulnerable Pupils and Staff

- Pay particular attention to:
 - Younger children
 - Pupils with medical conditions
 - Those with additional needs
- Be alert to signs of heat-related illness such as dizziness, headaches, nausea or fatigue.
- Ensure staff know how to respond to heat exhaustion or heatstroke.

6. Maintain Good Air Quality and Ventilation

- Balance ventilation with heat management—ventilate spaces during cooler periods where possible.
- Avoid overcrowding in enclosed spaces.

7. Communication with Parents and Carers

- Inform families of any changes to school routines or expectations.
- Encourage parents to:
 - Provide water bottles
 - Send children in appropriate clothing
 - Apply sunscreen before school

8. Staff Wellbeing

- Ensure staff have access to cool spaces and regular breaks.
- Encourage hydration and awareness of heat-related symptoms.
- Adjust workloads where necessary.

Screenshot of <https://suffolklearning.com/safety-health-wellbeing/>

Latest News

AMBER HEAT ALERT FOR EAST OF ENGLAND

As we are now in the summer months, please be aware of the effect of the hot weather on children and vulnerable people. There is a new '**hot weather checklist**' available for use by any educational setting, and further advice via the Government advice [HERE](#). Weather alerts across England can be found on the [UKSHA dashboard](#) and also via [The Met Office](#).