



### **Health risks from heat**

Children cannot control their body temperature as efficiently as adults during hot weather because they do not sweat as much and so can be at risk of ill-health from heat. Heat-related illness can range from mild heat stress to potentially life-threatening heatstroke. The main risk from heat is dehydration (not having enough water in the body). If sensible precautions are taken children are unlikely to be adversely affected by hot conditions, however, teachers, assistants, school nurses and all child carers should look out for signs of heat stress, heat exhaustion and heatstroke.

### **Heat stress**

Children suffering from heat stress may seem out of character or show signs of discomfort and irritability (including those listed below for heat exhaustion). These signs will worsen with physical activity and if left untreated can lead to heat exhaustion or heatstroke.

## **Heatstroke**

When the body is exposed to very high temperatures, the mechanism that controls body temperature may stop working. Heatstroke can develop if heat stress or heat exhaustion is left untreated, but it can also occur suddenly and without warning.

Symptoms of heatstroke may include:

- high body temperature – a temperature of or above 40°C (104°F) is a major sign of heatstroke
- red, hot skin and sweating that then suddenly stops
- fast heartbeat
- fast shallow breathing
- confusion/lack of co-ordination
- fits
- loss of consciousness

Symptoms of heat exhaustion vary but include one or more of the following:

- tiredness
- dizziness
- headache
- nausea
- vomiting
- hot, red and dry skin
- confusion

## **Actions to protect children suffering from heat illness**

The following steps to reduce body temperature should be taken immediately:

1. Move the child to as cool a room as possible and encourage them to drink cool water (such as water from a cold tap).
2. Cool the child as rapidly as possible, using whatever methods you can. For example, sponge or spray the child with cool (25 to 30° C) water – if available, place cold packs around the neck and armpits, or wrap the child in a cool, wet sheet and assist cooling with a fan.
3. Dial 999 to request an ambulance if the person doesn't respond to the above treat-

## **Heat exhaustion**

**If a child loses consciousness, or has a fit, place the child in the recovery position, call 999 immediately and follow the steps above until medical assistance arrives.**

## ***Protecting children outdoors***

*During periods of high temperature, the following steps should be taken:*

- children should not take part in vigorous physical activity on very hot days, such as when temperatures are in excess of 30°C*
- encourage children playing outdoors to stay in the shade as much as possible*
- children should wear loose, light-coloured clothing to help keep cool and sunhats with wide brims to avoid sunburn*
- use sunscreen (at least factor 15 with UVA protection) to protect skin if children are playing or taking lessons outdoors for more than 20 minutes*
- provide children with plenty of water (such as water from a cold tap) and encourage them to drink more than usual when conditions are hot*

## ***Protecting children indoors***

*During periods of high temperature, the following steps should be taken:*

- open windows as early as possible in the morning before children arrive, or preferably overnight to allow stored heat to escape from the building – it is important to check insurance conditions and the need for security if windows are to be left open overnight*
- almost close windows when the outdoor air becomes warmer than the air indoors – this should help keep the heat out while allowing adequate ventilation*
- use outdoor sun awnings if available, or close indoor blinds or curtains, but do not let them block window ventilation*
- keep the use of electric lighting to a minimum*
- switch off all electrical equipment, including computers, monitors and printers when not in use – equipment should not be left in ‘standby mode’ as this generates heat*
- oscillating mechanical fans can be used to increase air movement if temperatures are below 35°C – at temperatures above 35°C fans may not prevent heat-related illness and may worsen dehydration*
- encourage children to eat normally and drink plenty of cool water.*



Acorns  
Nursery

Hamsey Green  
Primary School



# In A Nutshell

Headteacher's Newsletter Summer Term 2022 Week 12



Dear All

It's been HOT, HOT, HOT this week in school! The children have been amazing though and sat beautifully, enjoying the Year 6 dress rehearsals. Year 6 are really looking forward to showing their parents the Grand Finale of the Greatest Showman on Monday evening.

On Thursday both Acorns and the Primary celebrated Sports Day! This was the first sports day since 2019 with parents and we were so glad so many of you could make it to watch years R-6. There was a mix of traditional favourites such as the egg and spoon, sack race and obstacles to the sprint running races. It was so lovely to see the children participating and having fun— as well as the adults (who were a little but more competitive!) Having a mini picnic ensured a community feel. Thank you for making it a special day and for the lovely feedback.

Friday has culminated in the end of term 'festival.' As it is far too hot to have a disco inside we have opted for a 'Hamseybury' with alfresco dancing and games with an ice-cream treat. We hope they have a lovely time!

At present, Surrey have sent schools advice as schools remain open to keep the children and staff safe in the HEATWAVE next week. This has now risen to a RED WARNING. We have reminded the children that they MUST have a sun hat, be wearing all day sun cream and have a water bottle in school. They will be in the shade/inside. Please refer to further advice on sun safety on p1 and 2. We will of course send correspondence out to you if anything changes via our usual channels.

Wishing you a lovely weekend— stay safe the sun and we look forward to seeing all next week for the final week of summer term. Remember we finish early!

Mrs Mace



in  
you

SPORTS DAY TEAM WINNERS	
1ST	Sapphire
2ND	Emerald
3RD	Diamond
4TH	Opal
5TH	Ruby
6TH	Topaz





On Thursday, we had a brilliant sports day at Acorns. We took part in throwing in the hoop, tennis, balancing hoops on our heads, stamp rocket, egg and spoon and an assault course! We really enjoyed working in teams and were all very enthusiastic to cheer on our friends. We finished with a running race and even the ladies had a go!

### Staff car park

Several staff cars have been scratched whilst they have been parked in the staff car park. If you walk through the car park to access your child's classroom, please can we ask that you supervise all children in your care to not walk/play through the parked cars.

This is also applicable for any children who have brought a scooter/ride on or bike onto the school grounds. The children should be supervised at all times whilst on the premises and also at the beginning and end of the school day. Please encourage them to ride safely so no one gets knocked over accidentally.

### Absences & Sickness

If your child is absent from school, please email [absence@hamseytlt.co.uk](mailto:absence@hamseytlt.co.uk) or leave a message on the absence line (01883 622000 option 1). Please let us know their full name, class and reason; including any symptoms they may be displaying. We do need to hear from an adult each day a child is absent for safeguarding reasons. Please do not bring your child to school if they have been sick during the night. If your child has been sick or has an upset stomach, children must be off school for 48 hours following the last episode. Thank you for your co-operation.

### School Meals

School meals will be increasing from 1 September and the new cost will be £2.60.

For parents of children going into Year 3, the universal infant free school meal entitlement ends and unless eligible for Pupil Premium, dinners will need to be paid for at the time of booking.

### Communication this week

- Email to Year 6 parents

### Attendance

1st place: Butterworth [R] - 99.2%

2nd place: Kinney (3) - 95.9%

3rd place: Inkpen [R] - 94.3%

Whole School: 90.5%

### Parking

We have been made aware that some of our families have recently received penalty notices for parking outside the school. Penalty notices are issued by the Council and we are unfortunately unable to comment or advise on this issue. The zig zag lines are marked clearly as are the times where parking is not allowed on these markings. **Please park considerably around the neighbouring properties to the school. We have had some complaints recently, of inconsiderate parking at drop off and pick up times for school and other activities. Some of our nursery parents have also noted parking issues, making it difficult when walking with their young children.** We do have slightly staggered starting times to help alleviate this issue. Thank you for your assistance.



### Upcoming events

**Monday 18th July—6pm Year 6 play (pupils to be back at 5.30pm)**

**Friday 22nd July—End of term /**

**9am Year 6 leavers' assembly**

**Nursery finish at 12pm (Nursery leaver's at 12.15pm)**

**Rec 1.05pm**

**Years 1 & 2 1.10pm**

**Years 3-6 1.15pm**

**After School Club finishes at 4pm**

### School Dinners

If you have booked a school dinner and then send in a packed lunch for your child/ren. Please can you advise the office that you no longer require it. Thank you.

### Can you help?.....

We are asking for any donations of half bags of compost/top soil that you no longer need, so that we may fill in our bedding areas! If you are able to help, please can you bring and leave out-



### Healthy pack lunches

We've noticed that some of the pack lunches coming into school are not necessarily healthy or nutritious. Please can you ensure that what you send in is enough to keep them going for their afternoon lessons.

Please remember we are a nut free school—this includes spreads that may contain nuts.

A Guide to Building...

## Healthy Snacks & Lunchbox

P2iP

Bring **WATER** everyday!

Plugging tap water in a reusable bottle is FREE and will help keep your child hydrated all day!



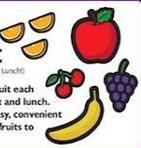
### Whole Grains

(Great for Snack or Lunch)  
Make sandwiches with whole grain bread. Look for labels that say "100% Whole Grain"



### Fruit

(Great for Snack or Lunch)  
Pack fresh fruit each day for snack and lunch. These are easy, convenient ways to add fruits to your day



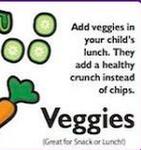
Pack healthy snacks each day. Add a healthy sweet or savory treat. Try whole grain crackers and pretzels for savory snacks or dried fruits for sweet treats.

### Snacks



Add veggies in your child's lunch. They add a healthy crunch instead of chips.

### Veggies



We are collecting used printer ink cartridges. Please bring them and put them into the recycling box in the office. We are unable to recycle toner or laser cartridges. Any cartridges recycled, helps the school to raise some money. Thank you!



We are regularly asked by parents, carers, grandparents and friends of the school as to how you can support the school to continue to provide a rich, wide-ranging curriculum and a high standard of education. If you would like and are able, to support the school and your child's education, please buy one of the books on our Amazon wishlist. This will arrive at school a few days later and be added to the children's non-fiction book box or class library.

[https://www.amazon.co.uk/hz/wishlist/ls/3GIZF85XRY4MG?ref=wl\\_share](https://www.amazon.co.uk/hz/wishlist/ls/3GIZF85XRY4MG?ref=wl_share)

### School Uniform

We are depleting our school stock of uniform. Please check to see what items of uniform you may need and please order through us in the first instance. Please see previous page as to stock items we have. Anything that is unavailable through us, please purchase through Price and Buckland directly. Price and Buckland will refer you back to us if its stock that we hold. <https://price-buckland.co.uk/school-finder/?school-search=Hamsey+Green+Primary+School>

Please be aware that any items ordered through Price & Buckland to be delivered to the school will take longer than if you pay for p&p for home delivery. **Please order any uniform from Price & Buckland by 1st August for home delivery before the start of the new school year.**

### Ticks

With the warm weather and long grass, please be extra vigilant for ticks. Please click here for further information [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/1057949/Tick\\_awareness\\_A5\\_leaflet.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1057949/Tick_awareness_A5_leaflet.pdf)

**AGES 4-14**  
ALL ABILITY LEVELS

**Sports multi-skills**  
**camp 4 Champs**

OFsted Registered

**Join us!.....**

We run Sports multi-skills camps during the school holidays for children aged 4 - 14 years.

**book online!**  
[camp4champs.co.uk](http://camp4champs.co.uk)

**EXTENDED DAY UNTIL 6PM** **CHILDCARE VOUCHERS**

We have lots of fun activities on offer from football to dodgeball! Come along and try something new or maybe you have a particular favourite you'd like to do!

Camps run from **9am to 4pm**  
(extended day 8am - 6pm also available).

**Our Sites**

- Mayflower**  
Mayflower High School  
Stock Road  
Billericay  
CM12 0RT
- Waringham School & Sixth Form College**  
Waringham School  
Tithepit Shaw Lane  
Waringham  
CR6 9YB
- St John's School Billericay**  
St John's School  
Billericay  
Essex  
CM12 0AR
- Oakhurst Grange School**  
160 Stanstead Rd  
Caterham  
CR3 6AF
- NHS**  
Notley High School  
Notley Road  
Braintree  
CM7 1WY
- Carrington School AD ASTRA**  
Carrington School  
Noke Drive  
Redhill  
RH1 4AD

For dates & bookings for all sites please visit  
**[camp4champs.co.uk](http://camp4champs.co.uk)**

✉ [fun@camp4champs.co.uk](mailto:fun@camp4champs.co.uk) [@camp4champsuk](https://www.instagram.com/camp4champsuk)

## **SAL** FAMILY LEARNING



### FREE Online Summer Workshops

Available with Surrey Family Learning through the month of August. If you are a parent, grandparent or carer of children and would like some support or inspiration, please have a look at our web page to book.

All workshops are 1.5 hours long on either an evening or Saturday morning, so you can still enjoy your days out.



[www.surreycc.gov.uk/familylearning](http://www.surreycc.gov.uk/familylearning)

#### Courses available

**Places will go fast so book today!**

Develop Your Child's Self Esteem

Building your Child's Resilience

Help Your Child Manage Anxiety

Storytelling

