

Heatwave: how to cope in hot weather

Welcome to the beautiful and hot weather.

A reminder to all parents/guardians to encourage your child to bring a water bottle to stay hydrated, to wear a light uniform, to apply sunscreen, and to wear a hat to cover their heads on their walk to school.

Please find some advice from the NHS website on how to deal with hot weather: -

- Prioritize staying cool and hydrated by drinking plenty of fluids, wearing a half-sleeve shirt or a loose-fitting uniform, and seeking shade while playing outside.
- Wearing a hat when travelling and returning home, as well as sunscreen, to protect the skin from the sun's heat and headaches.

Why is a heatwave problematic?

According to NHS website, heatwaves pose the following key risks:

- Dehydration (not drinking enough water).
- Overheating may worsen symptoms for individuals who already have problems with their heart, breathing, or other medical condition.
- Limit strenuous activity during the hottest times of the day and take cool showers or baths to help regulate your body temperature.



We encourage you to visit the [NHS website](https://www.nhs.uk) for more information on any health-related questions.

~ Villiers High School