



22nd June 2026

Dear Parents/Carers,

Extremely Hot Weather Alert

As you may be aware, the Met Office has issued a weather alert for very high temperatures early next week. As we did in July 2022, we would like to ensure that all students remain safe and comfortable whilst at school and to provide advance notice of the measures we will be taking.

We will continue to monitor conditions throughout Monday and the remainder of the week. Whilst we do not anticipate any disruption to the school day, we will keep arrangements under review and communicate promptly with families should any changes become necessary.

Before School

- Parents/carers are encouraged to ensure that students apply sunscreen before coming to school and bring sunscreen with them to reapply if necessary.
- It is essential that students bring a refillable water bottle to school each day.
- Students may attend school in the lightest items of the school PE kit during the period of hot weather. We will advise families when normal uniform arrangements resume.
- Students wearing normal school uniform may remove their blazer and loosen the top button of their shirt. School jumpers are not recommended.
- Students may bring a suitable sun hat for PE lessons and outdoor activities.
- Identification with the school remains an important safeguarding measure. Students must therefore wear either official school PE kit or their normal school uniform so that they can be readily identified by staff.

During the School Day

- Students will be encouraged to remain in shaded areas during break and lunchtime. The hall and selected indoor spaces will also be available where appropriate.
- Students will be encouraged to drink water regularly throughout the day. Water bottles may be kept in classrooms and can be refilled at water stations during break, lunch and between lessons.
- PE lessons will, wherever possible, take place indoors or in shaded areas. Activities will be adapted to reduce physical exertion, and alternative arrangements will be made if temperatures become excessive.
- Staff will remind students regularly about hydration and sun safety throughout the day.

We will continue to maintain our usual high expectations of behaviour and conduct. Students are expected to behave calmly and sensibly, both in school and when travelling to and from school. Staff at Rooks Heath, will continue to exercise care and look out for any signs of potential student heat exhaustion and act accordingly.

Should you have any other queries, please do not hesitate to contact the office via the telephone or the contactus@rooksheath.harrow.sch.uk email address.

Yours sincerely

Mrs. Miriam Manderson

