



Higham Lane School

Work Hard | Be Kind | Take Responsibility

Headteacher: Mr Michael Gannon, BSc (Hons), PGCE, MEd, NPQH

24th June 2026

Dear Parents and Carers,

Enrichment Activities – Final Instructions/Red Heat Warning Guidance

We are writing to inform you about arrangements for upcoming enrichment activities, including school-based sessions, PE, and external visits such as zoo trips, museum visits, adventure activities, and other educational outings.

The Met Office has issued a Red Heat-Health Alert for our area. This means that higher temperatures may affect daily routines and increase the risk of dehydration, heat exhaustion, and fatigue, particularly during physical activity and time spent outdoors.

We want to reassure you that enrichment activities will continue as planned, but with enhanced safety measures in place. The wellbeing of pupils and staff remains our highest priority, and all activities will be adapted where necessary.

Across all activities (including school-based PE and external visits), we will:

- Increase the number of water and rest breaks
- Ensure pupils have regular access to shade or indoor/cooler environments
- Reduce or modify strenuous physical activity, particularly during the hottest part of the day (12:00am–3:00pm)
- Prioritise indoor activities where possible
- Closely monitor pupils for signs of heat-related illness
- Ensure staff respond quickly to symptoms such as dizziness, headache, nausea, or overheating
- Some trips may return earlier because of the heat, so if they are back on site prior to 3.15pm students will be dismissed slightly earlier between 2.30/3.15pm. Please keep an eye on our communications, both email and social media, for up-to-date information on this.

For external visits, additional arrangements include ensuring access to water throughout the day, using shaded or indoor areas wherever possible, and reviewing plans on the morning of each trip in line with updated weather guidance.

What we need from parents and carers

To help us keep all pupils safe and comfortable, please ensure your child has the following:

- A refillable water bottle (clearly labelled and large enough for the day)
- Sun protection cream (SPF 30 or higher) applied before school, and where appropriate pupils should bring some for reapplication
- A sun hat or cap for outdoor periods
- **All students, in all year groups, should continue to wear their Higham Lane School PE kit for all enrichment activities please. Please disregard any other information you have received about**

uniform with regards to Enrichment. We need to be able to visually identify our students while they are in busy places, hence the change in plan regarding uniform. It also helps staff at external places identify our students should there be a problem.

- Any required medication, clearly labelled and in date (e.g. inhalers, epipens), with clear instructions where needed

If your child has a medical condition that may be affected by heat (such as asthma, diabetes, or other health needs), please ensure the school is fully updated and that any necessary medication is in school, on the trip with your son/daughter and easily accessible.

Key message for pupils

We will be reminding pupils that during hot weather they should:

- Drink water regularly (not just when thirsty)
- Take breaks when needed
- Report feeling unwell immediately
- Stay in shaded or cooler areas when possible
- Look out for each other

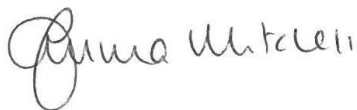
Enrichment activities are an important part of school life, and we are committed to continuing them safely. With the added precautions in place, we expect to proceed as planned while reducing risks associated with high temperatures.

Should you require any further information about Enrichment Day, all letters associated with Enrichment Day 2026 can be found on the school website.

We appreciate your support in helping us prepare pupils appropriately for the weather conditions.

If you have any questions, please contact the school office.

Yours faithfully,



Mrs E Mitchell

Associate Assistant Headteacher – Personal Development & Well Being