

Monday 22nd June 2026

Dear Parents and Carers,

The Met Office has issued an Amber Heat Health Alert for much of this week, with temperatures forecast to reach up to 38°C. The safety and wellbeing of our children and staff is our highest priority and, as a result, we will be making a few temporary adjustments to the school day.

School Uniform

To help children stay as cool and comfortable as possible, children may attend school wearing either:

- their summer school dress, or
- their PE kit, consisting of:
 - a plain white T-shirt
 - plain black shorts or plain black leggings.

PE and Outdoor Activities

PE lessons will continue to take place; however, they will be held indoors and will consist of low-intensity activities such as stretching, balance, mindfulness and breathing techniques.

To reduce the risk of heat-related illness, children will remain out of the midday sun wherever possible and will make use of the school's shaded outdoor areas during break and lunchtime.

Unfortunately, due to the forecast temperatures, all Forest Academy after-school clubs will be cancelled from Tuesday to Friday this week. We apologise for any inconvenience this may cause and appreciate your understanding.

How You Can Help

Please ensure your child comes to school each day with:

- a named water bottle
- a sun hat
- long-lasting sunscreen applied before they leave home.

Children will be encouraged to drink water regularly throughout the day, and opportunities to refill water bottles will be available.

We will continue to monitor the weather closely and take any further steps necessary to keep everyone safe.

Thank you, as always, for your continued support and understanding.

Yours sincerely,

Mrs Lloyd | Headteacher