

# Saint Mary's Catholic Primary School



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Y1-6 SPORTS DAY – Monday 9<sup>th</sup> July

2<sup>nd</sup> July 2018

Dear Parents / Carers

After careful deliberation, due to the current extreme weather conditions we are experiencing, sports day next week has been **cancelled** as we are unable to provide adequate shade for both children and adults at Redlees Park. The Met Office has issued a 'Level 3 – Amber Heatwave Action Warning' for Hounslow and the NHS has provided the advice overleaf. Met Office advice is to stay out of the sun.

Please ensure that the children bring a hat and water **every day** and that sun cream is applied before school. Fortunately, there are places within the school where the children can find shade during playtime and lunchtime. The Daily Mile is suspended.

An air quality alert has been provided by the Mayor of London because the air pollution in London is forecast to go above "Low" on the Defra Daily Air Quality Index. In order to safeguard yourself and your children please read the advice below:

- If at all possible, parents are asked not to drive their children to and from school, as this exacerbates pollution in the school vicinity. Note that pollution levels are often higher inside cars even when the windows are shut.
- For those who continue to drive, please do not idle engines in the school vicinity.
- For those walking and cycling, try to plan a route to and from school that sticks to side roads or goes through parks or other green areas.

We regret having to make this decision; the health and wellbeing of the children must always come first.

Yours sincerely

**F Marsh**



Public Health  
England



# Beat the Heat

## Stay connected



Look after yourself, check on others especially the elderly



Listen to the weather forecast and the news



Plan ahead to avoid the heat

## Keep well



Drink plenty of water, avoid alcohol and caffeinated drinks



Dress appropriately for the weather



Slow down and avoid heavy activity

## Find somewhere cool



Know how to keep your home cool



Go indoors or outdoors, whichever feels cooler



Cars get hot, avoid closed spaces

## Watch out



Be on the lookout for signs of heat related illness



If you're too hot, cool your skin with water, slow down and rehydrate



Get help. Call NHS 111 or in an emergency 999

For more information go to [www.nhs.uk/heatwave](http://www.nhs.uk/heatwave)