



Yet again we're experiencing really hot weather in Northamptonshire, in common with much of the country with more expected imminently.

As well as the advice for schools we'd be grateful if you could also pass the second part of the messaging on to parents and guardians.

Advice for schools, Childminders and Early Education and Childcare Providers:

- Look out for signs of [heat exhaustion and heatstroke](#)
- keep rooms ventilated and everything as cool as possible
- look out for those who may struggle to keep themselves cool and hydrated
- ensure everyone stays hydrated, take water with you if you are travelling or out and about for example travelling to and from school
- stay out of the sun between 11am and 3pm as this is when UV rays are the strongest - avoid physical exertion at this time such as P.E. classes
- if children go out in the heat try to ensure that they stay in the shade, apply sunscreen and wear a wide brimmed hat

You can find more detailed information [here](#)