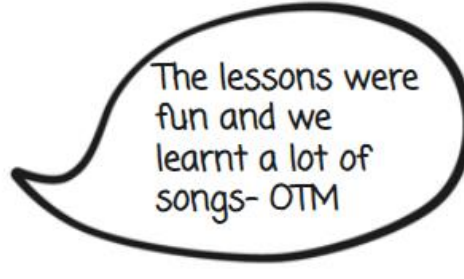




A MESSAGE FROM MRS WAKELEY



Violin Showcase!



We are delighted to report on the fantastic Year 5 Violin Concert which took place on Monday. It was a truly memorable performance where the children were able to perform and showcase their fantastic violin skills. A huge thank you to everyone who was able to attend! Your presence and support meant the world to the children and created a wonderfully warm and encouraging atmosphere. We were incredibly proud to see how confident and focused each and every child was. Their poise and dedication shone through as they performed their musical pieces, a testament to their hard work and commitment throughout the year. It was genuinely inspiring to witness their growth as musicians and performers. We owe a tremendous debt of gratitude to Miss Kumin, whose exceptional hard work and dedication since September have been instrumental in teaching the children the various skills needed to achieve such a brilliant performance. Her passion for music and commitment to nurturing their talents truly made the concert possible.

Lakeside is a nut aware school

Please can we remind you that there are several children in our school with serious nut allergies. Therefore, we kindly ask that you are extra vigilant when sending in food from home.



SAFEGUARDING THOUGHT OF THE WEEK

13.06.25

What We Need to Know about Staying Safe in the Hot Weather

Summer is here, and with it come the hottest days of the year. While it's a great idea to get outdoors and enjoy the sun, prolonged exposure to hot weather can come with a few downsides. They are, however, drawbacks that can be easily avoided.

The National College's free guide has gathered ten pieces of expert advice on how to stay safe in hot weather – helping to ensure children and young people can make the most of the summertime without worrying about their wellbeing.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

STAYING SAFE IN HOT WEATHER

As temperatures rise, it's essential to take proactive steps to ensure children and young people stay safe and healthy. Hot weather can pose serious risks such as dehydration, heatstroke and sunburn. This guide provides practical tips for parents and teachers to protect children during sunnier spells, helping them enjoy the summer safely.

- 1 STAY HYDRATED**
Ensure children drink plenty of water throughout the day, even if they don't feel thirsty. Encourage them to carry water bottles and take regular sips. It's better to drink small amounts to counteract the effects of sweating. Even if children replenish lost fluids with equal amounts of water, they may still be dehydrated due to salt lost from the body. Avoid sugary drinks and caffeine, which can contribute to dehydration.
- 2 APPLY SUNSCREEN**
Use a broad-spectrum sunscreen with at least SPF 30 on all exposed skin and reapply every two hours or after swimming. Don't forget often-missed spots like the ears, back of the neck and tops of feet. Sunscreen needs around 20 to 30 minutes to be absorbed by the skin, so make sure you leave plenty of time to apply it.
- 3 WEAR PROTECTIVE CLOTHING**
Dress children in light-coloured, loose-fitting clothing made from breathable fabrics like cotton. Ideally clothing should cover as much skin as possible. Shoulders should always be covered as they can easily burn. Wide-brimmed hats and sunglasses with UV protection are also essential to shield them from the sun. Be sure to check your school's dress policy, as uniform rules may be relaxed during amber or red Heat Health Alerts (HHAs).
- 4 SEEK SHADE**
Covering up and seeking shade are the most important sun protection measures. Encourage children to play in shaded areas, especially during peak sun intensity between the hours of 11 a.m. and 3 p.m. Use umbrellas or canopies if natural shade is unavailable.
- 5 AVOID STRENUOUS ACTIVITIES**
Children shouldn't take part in vigorous physical activities in very hot weather. Limit these during the warmest parts of the day. Schedule any outdoor games or sports for early morning or late afternoon when it's slightly cooler.
- 6 KEEP COOL Indoors**
If it's safe and appropriate, open windows early in the morning to allow stored heat to escape from the building. Use fans or air conditioning to maintain a cool indoor environment. Close curtains or blinds to block direct sunlight. Switch off electrical equipment like computers, monitors and printers when not in use; don't leave them in 'standby mode' as this still generates heat.
- 7 TAKE COOL BATHS OR SHOWERS**
Encourage children to take cool baths or showers to lower their body temperature. Alternatively, use damp cloths on their skin to provide relief from the heat. When heading out of the house, consider filling up a spray bottle to cool everyone down on the go.
- 8 MONITOR FOR SIGNS OF ILLNESS**
If sensible precautions are taken, children are unlikely to be seriously affected by hot conditions – but teachers, assistants, school nurses and all child carers should watch for symptoms of heat exhaustion, such as heavy sweating, weakness, dizziness, nausea or fainting. If any signs are present, move the child to a cool place, make sure they drink some water, and seek medical advice if needed.
- 9 MAINTAIN A COOL SLEEPING ENVIRONMENT**
Ensure children's bedrooms stay cool by using fans or air conditioning. Use lightweight bedding and consider letting them sleep in the coolest part of the house. Older children can have more choice over what they wear to bed. Some children may prefer to sleep without pyjamas, while some may prefer to opt for a light cotton t-shirt and shorts.
- 10 EDUCATE CHILDREN ON SUN SAFETY**
Teach children the importance of sun safety and encourage them to take responsibility for their health. Explain the risks of sunburn and heatstroke and the value of following these safety tips.

Meet Our Expert
James Whelan is an experienced health and safety expert who is a Chartered Member of the Institution of Occupational Safety and Health. He provides services to educational settings (and other industries) to help them maintain a safe working environment.

#WakeUpWednesday
The National College

Source: See full reference list on guide page at: [staying-safe-in-hot-weather](https://nationalcollege.com/staying-safe-in-hot-weather)

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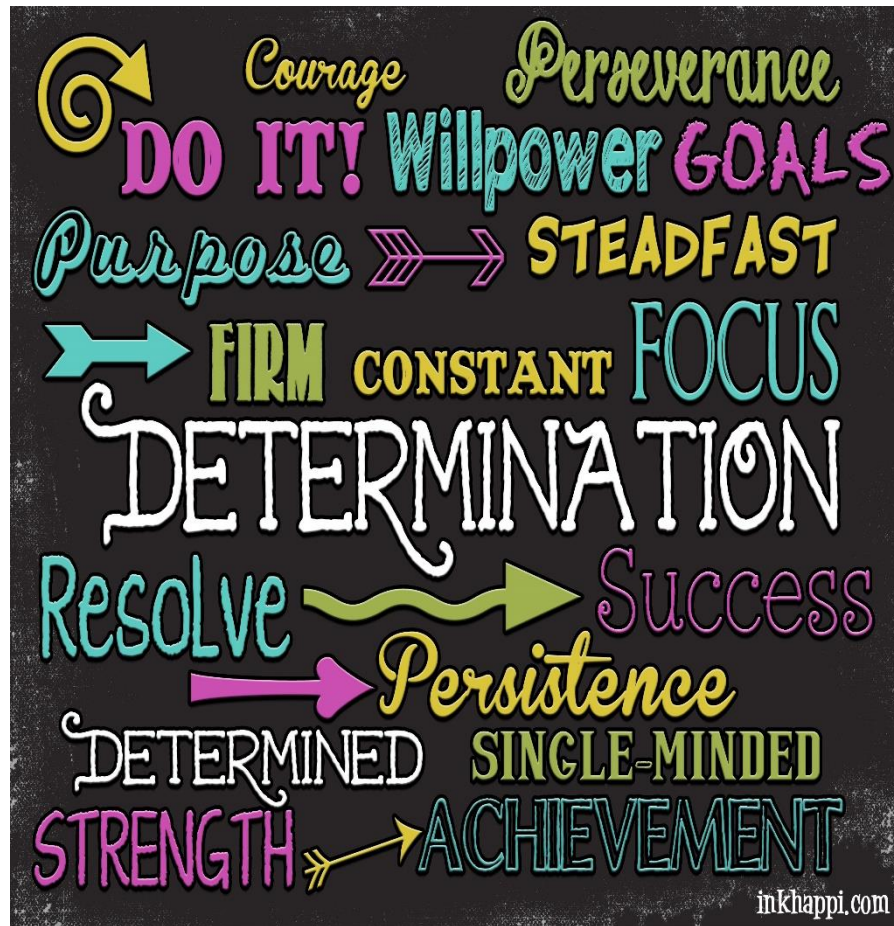
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Mental Health



DATES FOR YOUR DIARY –

Thursday June 19 – 2.30pm

Wednesday 18th June – 6:30pm

Friday 20th June

Thursday June 26 – 2.30pm

Friday 27th June

Saturday 5th July 2025 11am to 2pm

Monday 7th July – 9.15am

Friday 11th July

Tuesday 22nd July 2025

EYFS/K1 Musical Showcase to parents

2025 New Starters Parents Information Evening – Welcoming our newest families!

First date for Sports Day **EYFS & KS1– PM** **KS2 – AM**

Y3/4 Musical Showcase to parents

School Closed – Training Day

Lakers Family Fun Day

Y5 Musical Showcase to parents

Back up Sports Day (In case of rain!)

School closes for summer

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