

Education Inclusion Family Advisor Newsletter

27th June 2022

A Message From Me

Please note my new working days are Monday, Tuesday and Thursday 8.30-5. I will always get back to you however there may be a short wait.

Have a good week

Zoe Hope

Top Tip for Staying Cool in the Hot Weather!

Stay out of the sun and avoid going out between 11am and 3pm (the hottest part of the day).

If you go outdoors - wear loose, cool clothing; a hat and sunglasses; and plenty of sunscreen.

Drink cold drinks regularly, especially water. Avoid alcohol, caffeine or drinks high in sugar.

Have cool baths or showers, and splash yourself with cool water. Use a fan, if you have one.

Shut windows and close shades/curtains when it's hotter outside (open windows when it's cooler).

Use shades or light-coloured curtains (metallic blinds and dark curtains can make rooms hotter).

Plan ahead to make sure you have enough supplies, such as food, water and medications.

Fun Activities for Children in the Heat

Freeze drinks and fruit for snacks:



Water games – water beads, water balloons, or build a water-wall



Build a den for shade:



Another Resource

Warm weather makes us head to water to cool off, so make sure you know how to keep yourself and family members safe this summer:

<https://www.rosa.com/leisure-water-safety/water/advice/parents-water>

Does your child have, or potentially have, an additional need or disability? Pinpoint (www.pinpoint-cambs.org.uk) have lots of information, advice and tips. For Cambridgeshire's Local Offer go to www.cambridgeshire.gov.uk/residents/children-and-families/local-offer