

'Eager to learn
Live to learn'

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Friday 19th June 2026

Dear Parents and Carers,

Portsmouth City Council has issued an Amber Heat Health Alert, which will be in place for the duration of next week. With temperatures expected to remain high, we would like to ask for your support in helping to keep all children safe and comfortable while at school.

To help keep everyone safe and comfortable during the hot weather, please make sure your child comes to school each day with:

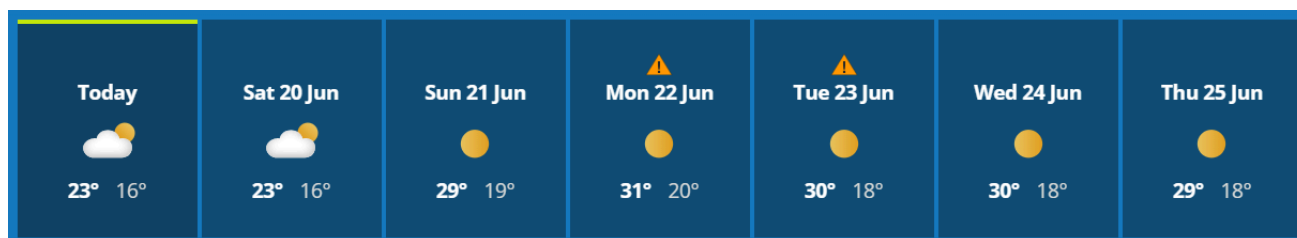
- ☀️ **Sun cream** applied before they arrive at school.
- 🧢 A **sun hat** to wear when outdoors.
- 💧 A **named water bottle**, filled with plenty of water to help them stay hydrated throughout the day.

To help children stay cool at school, we will:

- 💧 Encourage children to drink water regularly throughout the day.
- 🌳 Make sure children have frequent breaks in shaded areas during playtimes and lunchtime.
- ☀️ Adapt outdoor activities where necessary to reduce time spent in the sun.
- 🏠 Keep classrooms well ventilated .

For the duration of next week, children may come to school wearing their **PE kit** instead of their usual school uniform if they wish, as this may help them stay cooler in the warmer weather.

Please find below the weather forecast for Portsmouth next week, along with some useful information and advice on staying safe during hot weather.



Thank you for your continued support and cooperation in helping us keep our children safe during the warmer conditions.

Kind regards,

Mrs K Wilden



Artsmark
Silver Award
Awarded by Arts
Council England





Beat the heat

Plan ahead



Check the weather forecast and the news



Plan ahead to avoid the heat



Schedule activities to cooler times of the day

Keep yourself cool



Drink plenty of fluids and avoid excess alcohol



Wear sunscreen, a hat, and sunglasses



Cool your skin with water and slow down

Find somewhere cool



Close blinds and curtains during the day



Go indoors or outdoors, whichever feels cooler



Avoid closed spaces like stationary cars

Be safe



Be on the lookout for signs of heat related illness



Look after yourself and check in with others



Stay safe when swimming



Get help. Call NHS 111 or in an emergency 999

For more information go to: [gov.uk/ukhsa/beat-the-heat](https://www.gov.uk/ukhsa/beat-the-heat)