

Cold Weather: Heathfield Community College response to official guidance

Generic Guidance: Exposure to adverse cold weather can affect children and young people in a number of ways. Among other health problems, it can increase the risks of: respiratory infections, skin conditions, such as eczema, mental health problems. Children aged 5 years and under are particularly vulnerable to the effects of adverse cold weather. However, the effects of cold, especially in combination with other environmental conditions including damp, can affect children of all ages and particularly those with underlying medical conditions and so the College issues general guidance in the event of cold weather warnings as appropriate.

The signs of cold stress are: Children may seem out of character and show signs of discomfort and irritability. These signs can include those listed below:

The signs of cold stress include:

- Severe shivering (the first sign)
- Loss of coordination / slurred speech
- Drowsiness and/or exhaustion
- Pale, cold skin
- Fatigue
- Stumbling, fumbling hands
- Confusion and/or disorientation

General Guidance	Heathfield Community College
Wear proper clothing & equipment	The College advises cold weather coats for use at all times as social time will be continued outside unless not possible due to wet or extreme cold weather. Hats and gloves should be worn to protect ears and hands.
Eat & drink warm foods and/or liquids.	Warm food is available at both break and lunch from all serveries.
Take frequent breaks, and move into warm locations during those breaks.	Frequent breaks are possible with the change of lesson times every hour. Social time will predominantly be outside unless extreme temperatures or wet weather, however for those more vulnerable the usual inside areas are available: Library, Dining Hall, Learning Support.
Adjust schedules, so that cold jobs/activities are performed during the warmest part of the day	In the event of extreme cold, activities that would take place outside will be relocated to inside areas.
Keep your home warm	Rooms are monitored and checked to be at least 18°C as per Gov.uk recommendations. Windows and classroom doors can be kept shut to retain heat. Heat loss has been planned to be reduced over time with investment in new windows and doors, this is continuing work.
Check on family, friends and neighbours who may be at risk of becoming unwell, and, ask them to do the same for you	Keep an eye on friends and raise a concern if necessary. Staff to be aware of students with vulnerable health conditions

In the event of an escalated Cold Warning or Alert the College will use government and NHS guidance to audit provision and take necessary mitigations.