



15 May 2023

Management of High Temperature Conditions in School

Dear Parents,

As we continue to experience warmer days in Singapore, the school will be implementing the following measures to ensure the safety of our girls:

1. School Pinafores:

- a. Girls will be allowed to remove their pinafores while in school. They can remain in their PE shorts and T-shirts for the duration of their time in school.
- b. When coming to and leaving the school, they will need to put their pinafores on.

2. For Outdoor Activities:

- a. To minimize the impact of high UV and heat stress levels, we will reduce physical activities in the outdoors between 10:30 a.m. and 3:30 p.m., as this period typically experiences the highest levels of heat.
- b. Students who appear unwell will be excused from participating in physical or outdoor activities to ensure their well-being.
- c. If it becomes necessary to conduct activities during this time, additional measures will be put in place, including:
 - i. Indoor Facilities: Whenever possible, activities will be conducted in well-ventilated indoor facilities.
 - ii. Shorter Duration and More Rest Breaks: Physical activity duration will be kept short, with frequent rest breaks incorporated.
 - iii. Water Breaks and Rest Periods: Students will have appropriate water breaks and rest periods under shaded areas, if available.
 - iv. Reduced Intensity: Activity intensity will be reduced to mitigate the effect of heat.



Monitoring Signs of Heat Injury:

Our staff will be closely monitoring students for signs and symptoms of heat injury. If any student displays such signs, they will immediately cease physical activity and receive prompt attention. Parents will be notified, and appropriate medical attention will be sought as necessary.

Parent/Home Support

To support these efforts, we kindly request your cooperation in the following ways:

- a. Encourage your children to hydrate themselves adequately throughout the day.
- b. If your child is feeling unwell, please keep them home, rest, and seek medical attention if needed. This includes days when there are Learning Journeys, class reviews and assessments (if any) and supplementary/holiday classes.

By working together, we can ensure the safety and well-being of our students, even during periods of high temperature and UV conditions.

Thank you for your attention to this matter. We wish you and your family a great week ahead.

Best regards,

Mr Ong Heng Kiong William
Vice-Principal (Admin)
CHIJ (Katong) Primary