



# LONG MEAD

## COMMUNITY PRIMARY SCHOOL

Waveney Road, TONBRIDGE, Kent TN10 3JU  
Telephone: (01732) 350601  
Headteacher: Mrs K Follows



Monday 22 June 2026

Dear Parents and carers,

Due to the extreme temperatures predicted for the coming week, I wanted to share some adjustments we are making to help keep everyone safe.

- \* Children can wear light summer clothing, suitable for school (no crop tops).
- \* PE lessons will be adapted or cancelled so that children do not do strenuous exercise or overheat. If they do take place, they will include regular water breaks.
- \* Morning play will likely take place as usual; children must wear sunhats. They will be reminded to drink water before and after play.
- \* We will make decisions about lunchtime play on a day-by-day basis, but it is likely that children will be sitting in the shade under the trees on the field or will be inside during this time.
- \* Children will be encouraged to drink regularly and refill their water bottles.
- \* Teachers will adapt lessons as needed.
- \* Adults will look out for signs of heat exhaustion in all children and will phone home if there are any concerns.

Please remember to send your child to school with a sunhat and water bottle, and apply suncream before school. If you wish to send a named bottle of suncream into school for your child to apply during the day, please ensure they are able to apply it themselves and remind them they must not share it with any other child.

We will monitor the situation closely and communicate any other changes if they are needed.

Many thanks,

Mrs Follows  
Headteacher