

ST. EDITH STEIN HOT WEATHER PLAN

The Region of Peel's Medical Officer of Health issues heat warnings and extended heat warnings upon notification from Environment Canada that heat thresholds have been met ¹.

People suffer heat-related illnesses when their body temperature quickly rises and they are unable to cool themselves. The risk of heat-related illness increases with the amount of time spent in the heat, the temperature and an individual's sensitivity to heat. Humidex is used by the weather forecast service of Environment Canada to inform the public about how hot it is outdoors and it is also used to warn of indoor heat stress conditions where there is no air conditioning.

As the temperature and humidity (feels like factor) rises, try to stay cool in air conditioned spaces and drink lots of fluids, especially water. Groups at higher risk of heat-related illness include infants, young children, seniors and people with chronic and pre-existing illnesses, people on certain medications.

As St. Edith Stein has no air conditioned areas, the following protocols will be followed:

During Hot Weather Conditions at St. Edith Stein:

- The principal or designate will monitor outdoor conditions as reported by environment Canada and local data.
- Factors such as amount of cloud cover, breezes, availability of shaded areas, heat radiating off the pavement and internal air flow conditions especially on the 2nd floor will be regularly monitored.
- Outdoor play time and activity time may be shortened to reduce the risk of heat related issues and increase student comfort levels.
- Outdoor play may be restricted to areas off the pavement.
- Provide regular water breaks. Encourage students to drink water frequently during the day using their re-fillable containers.
- Encourage the wearing of hats and the application of sunscreen where possible.
- Outdoor activities such as sports may be curtailed to reduce excessive body heat.
- All classrooms have at least 2 electric fans to provide some relief.
- 2nd floor classes may be scheduled to spend time in cooler areas such as the library and gymnasium.
- Students who show heat related issues will be monitored in the health room and their parents will be notified.
- Other health treatment recommendations will be implemented as needed on an individual basis.

Parent concerns may be directed to the principal of St. Edith Stein by calling 905-824-5777.