

How to keep your class cool

Hot weather can pose a danger to health and make learning difficult. Follow these steps to keep your students safe. These measures should be considered when classroom temperatures reach around 20°C, as this is the optimum learning temperature.

Encourage regular drinks of cold water to prevent dehydration



Allow students to wear lighter clothing that aligns with your uniform policy

If possible, move outdoor classes to shaded areas, and reduce levels of physical activity



Close windows and blinds when the air outside is hotter than the classroom

Avoid excess use of heat producing items such as electricals and ovens



Know the signs of heat-related illness and watch for students showing them