



Hot Weather Guidance & Refillable Water Bottle Reminder

Friday, 19 June 2026

Dear Parents and Carers,

1. Hot Weather Arrangements for Next Week

With high temperatures forecast for next week, we want to ensure that all students remain comfortable, safe, and able to focus on their learning. To support this, we are relaxing our usual uniform expectations and offering students two options for what they wear to school.

Option 1: Summer Order

- School shirt, with skirt or trousers as normal
- No blazer or tie required, no jumper
- Correct school shoes must still be worn

Option 2: PE Kit

- Students may instead choose to wear their full school PE kit for the day

Students may choose either option and are not required to bring a blazer or tie to school while these arrangements are in place. We will, of course, notify you as soon as normal uniform expectations resume.

2. Refillable Water Bottles

We are writing to remind you of the importance of ensuring that your child brings a refillable water bottle to school every day.

Staying hydrated throughout the day is essential for many reasons. It helps maximise energy levels, regulates body temperature, and supports overall health and well-being. To facilitate this, we have multiple water refill points located around the school which students can access before school, during break and lunchtime.

We kindly ask for your cooperation in reinforcing the importance of staying hydrated and using reusable water bottles to help reduce plastic waste in our school.

3. Sun Protection

Given the warm conditions forecast, we would also encourage parents and carers to apply sun cream to their child before they leave for school, with a high-factor, broad-spectrum sun cream applied where possible. Students may also wear a plain navy cap while in the playground to help protect against the sun.

Thank you for your continued support in these matters.

Kind regards,

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Deputy Headteacher

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THE HEALTH BENEFITS OF STAYING HYDRATED

Skin
Staying hydrated is vital to maintaining healthy, clear skin. Inadequate hydration means the skin cannot rid itself of toxins leading to a greater risk of irritation and clogged pores which can cause issues such as acne, red skin and itchiness.

Brain
The brain consists of roughly 85% water. Staying hydrated helps thought and memory processes, increasing your ability to concentrate for longer periods.

Heart
Staying hydrated helps your blood transport oxygen and other essential nutrients more efficiently, reducing the strain on your heart as it pumps blood around the body.

Muscles
Water inside and outside of your muscles helps keep them functioning with nutrients and removal of toxic acids that build up during exercise.

Kidneys
Your kidneys help remove toxins from the body using water to flush away impurities in the form of urine.

Body Weight
Drinking water regularly stimulates your metabolism, boosting your body's ability to burn fat.

Digestion
Water, in conjunction with fibre, aids the digestive process by breaking down waste particles before they pass through your digestive tract.

Joints
Staying hydrated helps lubricate your joints, reducing friction and thus the chance of developing conditions such as arthritis.

1

Depending on body weight **healthy people in the UK** should drink six to eight glasses of water a day (roughly 1.2 litres).

1.2 Litres = 1,200ml

1.2 Litres = 2.1 pints

1.2 Litres = 42.2 oz

2

Whilst humans can survive 3 weeks without **food** we can only survive roughly 3 days without **water.**

3

Water helps protect vital organs such as **the bladder, colon and breast tissue** against cancer.

Sources

- 1 <https://www.nhs.uk/news/food-and-diet/six-to-eight-glasses-of-water-still-best/>
- 2 <https://www.livescience.com/32320-how-long-can-a-person-survive-without-water.html>
- 3 <https://www.ccnevada.com/benefits-drinking-water-cancer-fighting/>

