



**Houlton School**  
Signal Drive, Houlton,  
Rugby, Warwickshire, CV23 1ED

01788 593300  
hello@houlton.tlet.org.uk  
houltonschool.org.uk

**Paul Brockwell**  
Executive Principal

Registered in England  
Company number 07515832

**Lorna Pountney**  
Head of School

17 November 2025

Dear Parents and Carers

### **SENT ON BEHALF OF PUBLIC HEALTH SERVICES**

We have been advised by Public Health Services that the Met Office has issued a Yellow Cold-Health Alert for the West Midlands, effective from 08:00 on 17 November 2025 until 08:00 on 21 November 2025.

A Yellow Alert means that the weather conditions pose minimal risk to most people, but some individuals who are more vulnerable to cold temperatures may be at increased risk of health complications. Public Health Services continue to monitor the situation, and the alert may be upgraded if conditions change.

#### **What this means**

The alert carries a matrix score of **7**, which indicates that the cold weather is likely to cause minor impacts on health and social care services, including:

- Increased use of healthcare services by vulnerable individuals
- Higher risk to life or illness among those with existing health conditions

Although the alert is targeted mainly at health and social care providers, we want to ensure that all families are informed and supported.

#### **How you can help keep your child warm, safe, and well**

Here are some soft, simple steps recommended by Public Health England and the Met Office:

##### **1. Keep warm**

- Ensure children wear layers, including a coat, hat, and gloves during colder spells.
- Check that they bring a warm coat for school—even if the weather seems mild in the morning.

##### **2. Keep the home warm**

- Heat your home to at least 18°C, especially if anyone in the household is very young, elderly, or has a long-term health condition.

- Close curtains at night and keep internal doors shut to retain warmth.

### 3. Look out for vulnerable family members or neighbours

- A quick check-in can make a meaningful difference.
- Encourage children to let you know if they are worried about a friend or neighbour.

### 4. Promote good health routines

- Ensure children have breakfast before school to help them stay warm and energised.
- Remind them to wear appropriate layers during outdoor activities.

### 5. If your child is unwell

- Follow usual NHS guidance and seek advice if symptoms worsen, especially for those with asthma or respiratory conditions that can be aggravated by very cold air.

### School arrangements

School will remain open as normal, and we will continue to:

- Encourage students to wear coats during breaktimes
- Monitor heating and ventilation in line with health guidance
- Keep a close eye on any students who may be affected by the colder weather

If your child needs additional support, including access to warm clothing, please contact us confidentially—we are here to help.

### Useful Resources for Families

You may find the following links helpful for further advice:

[Cold weather and health: action cards Collection Page](#)

[Cold weather and health: supporting vulnerable people Collection Page](#)

[Keeping warm and well: staying safe in cold weather Collection Page](#)

[Met Office Weather Ready campaign](#)

[Weather health alerts currently in place across England](#)

Thank you for your continued support in keeping our school community warm, safe, and well during this period of colder weather.

Yours sincerely



**Lorna Pountney**  
Head of School