



**HARTLAND
HIGH SCHOOL**

20th April 2026

Dear Hartland High Families,

Subject: Preparing for a Healthy and Happy Summer Term

As we head into the summer term, we want to ensure all our students are as comfortable, healthy, and focused as possible. With the warmer weather and changing season, we have a few updates and reminders to share with you.

New Paracetamol Policy

To better support our students' wellbeing during the school day, we have updated our medical policy. The school is now able to administer paracetamol to students who may require it (for example, for headaches or period pain), provided we have explicit parental consent.

If you would like the school to have this authorisation, please complete our digital consent [form here](#). Without this completed form, we will be unable to provide paracetamol.

Summer Readiness & Hay Fever

As the temperature rises and the pollen count increases, please help your child stay prepared by ensuring they have the following:

- **Hydration:** A reusable water bottle (refill stations are available throughout the school).
- **Sun Protection:** Please encourage the use of long-lasting sunscreen before school and ensure students have a hat for outdoor break times if necessary.
- **Hay Fever Management:** If your child suffers from hay fever, please ensure they take their antihistamine medication before arriving at school. Please also ensure they bring a packet of tissues with them.

Our goal is to ensure that the heat or seasonal allergies do not provide a barrier to their learning or enjoyment of the final term. Thank you for your continued support in keeping our school community healthy.

Best regards,

Mr Creffiled
Assistant Headteacher

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