



Heat advisory for this week
Sunday, Jun 22 at 4:50

June 22, 2025

Dear POB Families,

With extremely high temperatures expected this week, we want to share a few important reminders to help keep our students safe and comfortable.

All classrooms across the district are air-conditioned and will remain a cool refuge throughout the school day. However, please note that not all cafeterias are air-conditioned. We strongly encourage students to bring a refillable water bottle each day and to drink water frequently, especially before boarding buses at dismissal, as temperatures can be especially high at that time.

If the heat index reaches or exceeds 95 degrees (or if air quality is compromised) we will modify outdoor activities and hold recess and physical education indoors to ensure student safety.

We also ask for your help in reminding your child of the importance of staying hydrated and recognizing the signs of heat-related distress. Symptoms may include dizziness, nausea, headache, excessive sweating, or pale and clammy skin. If your child experiences any of these symptoms, they should alert an adult immediately.

Thank you in advance for your cooperation and support in helping our students stay safe and well during this stretch of hot weather. As a reminder, Thursday and Friday are early dismissal days for K-8 students, and Friday is the last day of school.

Sincerely,

Dr. Mary O'Meara
Superintendent of Schools