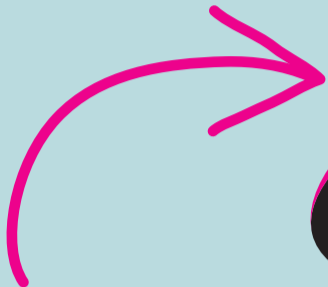


Be SunSmart.

Enjoy the sun safely



Head for cover

Wear a hat and sunglasses when you're outside in the sun. Keep shoulders covered with clothing too.



Under cover

Try to play in the shade when you're outside and your shadow is shorter than you are.

How is your school being SunSmart?

Cover up

Wear sunscreen (at least SPF 15 and 4 or 5 stars) and put it on generously and regularly.



How we are being SunSmart

- > We are holding a special SunSmart assembly.
- > Our teachers are giving SunSmart lessons.
- > We are scheduling outdoor events outside the times when the sun is strongest.
- > We are looking at ways to improve the amount of shade around school grounds.
- > Our pupils are encouraged to wear hats and sunscreen.
- > Our pupils are encouraged to bring in sunscreen.

www.sunsmart.org.uk