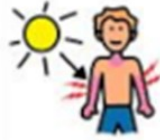
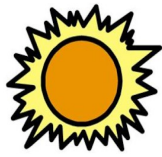


Stay safe in the sun



NO to sun-burn

wear a hat

rub in sun-tan cream

stay in the shade

drink water

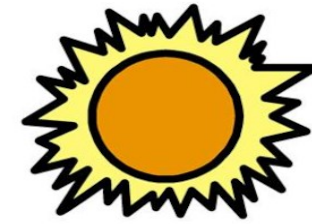
[Tips for Staying Safe in the Sun - CBeebies - BBC](#)



Stories to share



Healthy Sunshine



Summer 1

EYFS



Chapel Street
Community Primary School



See Class Dojo for more.

Each half term the EYFS team will be focusing on an element of being a healthy child. You will get a booklet with ideas of how to support your child's health. This half term is ...

healthy sunshine

Sunshine is good for our bodies as it give us vitamin D which keeps our bodies healthy.

However too much sunshine is bad for our skin and it can hurt if we get sunburnt, so follow the sun safe rules and enjoy the sunny weather



Wearing suntan cream is very important



Buy some "high factor, children's suntan lotion and rub into the skin.
(the staff in the shop can help you)

Get your child to join in by making this a fun game.



Teaching young children to stay healthy in the sun is a skill for life.

