



Fun in the sun!

A guide to keeping safe this summer!



Safety in the sun!

Hopefully during the summer holidays we will have some more good weather to enjoy and not too much rain! Although we all enjoy being outside in the sunshine we also know that it can be dangerous. Here are some top tips for staying safe in the summer sun!

1. Always apply plenty of suncream. Use suncream with a high sun protection factor of 30 or above.
2. Cover up, wear a hat or a t-shirt when you are in the sun.
3. Drink plenty of water to keep you hydrated.
4. Stay in the shade. The sun is its hottest around the middle of the day so stay out of the sun during these times.

Stranger danger!

In the summer holidays you may be able to play out in your garden or in the local area. Remember people you do not know are

STRANGERS!

Remember: Always tell a grown up where you are playing.

Never...go anywhere with a stranger

Never...take things from a stranger

Never...get in a car with a stranger

If you are feeling scared run as fast as you can away from the stranger shouting 'HELP' as loud as you can.

The water safety code:

Cooling off in the water this summer can be great fun, whether it is in a paddling pool or in the sea. However water can be dangerous. Here are a few rules you can follow to make sure you are safe in the water:

Spot the dangers: The water may look safe but look out for the hidden dangers. These are:

- deep or cold water
- hidden currents under the water
- dangerous rubbish like glass in the water
- water may be dirty and could give you a nasty tummy ache

Always go together: Go with a responsible grown up like your Mum or Dad who will be able to decide if the water is safe.

Follow the advice: Special flags will warn you of danger. Look out for warning flags especially the red ones.

Emergency: If you see someone who is in trouble in the water, know how to raise the alarm. You can call for a grown up or the lifeguard by shouting 'Help!'

NEVER TRY AND JUMP IN TO RESCUE SOMEONE ELSE!

E-Safety Over the summer if the weather does take a turn for the worse, your child may like to access the family tablet, laptop or mobile phone to stay entertained. The internet, as amazing as it can be can be, can be a worrying place for young children. There are many settings that can be changed on computers, mobile devices and to your home internet to keep your child safe from inappropriate content. Please look on our school website www.bushfieldinfants.co.uk for advice. Please share these rules with your children when using the internet at home.

1. Remember people you don't know on the internet are strangers.
2. Keep your personal information private, don't tell other people. You would never share your toothbrush so don't share your password.
3. Be nice to people on the computer like you would do on the playground.
4. If you ever get that 'uh-oh' feeling in your tummy or are worried, you need to tell a grown up that you trust.

Enjoy a wonderful summer!



