

STAY HEALTHY IN THE HEAT

Fact: our bodies are made up of 65% water. During hot weather, our bodies can quickly become dehydrated. It is important for us to drink plenty of fluids to stay hydrated. The best thing we can drink is water (see the charts below).

We ask that your child/children bring a small water bottle into school, which they can refill regularly throughout the day.



REMEMBER TO STAY SUN SAFE!

- SLIP** on sun-protective clothing
- SLOP** on some SPF30 (or higher) broad-spectrum, water-resistant sunscreen
- SLAP** on a broad brimmed hat
- SEEK** shade
- SLIDE** on some sunglasses
- And don't forget to stay hydrated!



How much water should kids drink per day?

ONE & TWO YEAR OLDS
1-2 8oz. glasses*



THREE TO FIVE YEAR OLDS
3-5 8oz. glasses*



SIX TO THIRTEEN YEAR OLDS
6-8 8oz. glasses*



Re-Think Your Drink

The beverages you drink can have a big effect on your health



SMALL CHILDREN IN PRAMS/PUSHCHAIRS

We often think we are protecting little ones by placing a light blanket over the pram/pushchair. Research shows this actually traps warm air, causing a 'GREENHOUSE EFFECT', due to the temperature underneath becoming much higher than outside. The best way to shade them is to attach a parasol which still allows ventilation.



<https://nypost.com/2023/06/01/im-a-child-safety-expert-dont-cover-your-stroller-in-the-heat/>

Try the Salty Water experiment:

- Fill two small bowls with water and mix salt into one of the bowls.
- Label both bowls so you know which one has the salty water.
- Cut a potato in half and place one half into each bowl, with the cut side down.
- Leave for about 30 minutes and watch what happens.

The salt draws moisture out of the potato, causing it to shrivel. Just like the potato loses water when put in a salty solution, salty food and drinks make people thirsty and dehydrated; these items should only be consumed occasionally.



SLIP - SLOP - SLAP

We all like to make the most of the sunshine, but it is important to stay protected. Melanoma skin cancer has increased by 30% in the UK

<https://www.youtube.com/watch?v=T7ghJsZug60>

A book animation of George and how he became a sun safe superstar, spreading the message to all of his school friends.