



BUDDY UP!
BE WEATHERWISE

We hope you're enjoying the summer sun. We know how much your children like to play outdoors in the sunshine, but we also know the potential dangers.

So we have been looking at sun safety with your child's class this term. We thought you might like to know about the most important messages that we have covered in school so you can reinforce them in the home.

It is important for everyone to protect themselves from the sun's most harmful effects, but it is essential for children, whose skins are much more delicate than adults.

The experts at NIVEA SUN® strongly recommend that children should try to avoid more exposure to the sun's rays between the hours of 11 am and 3 pm. They also recommend that children wear a sunscreen with a minimum SPF, or Sun Protection Factor, of 30. We are happy for pupils to bring their sunscreen along into school.

At school children spend quite a lot of time out in the open, at break times, lunch hours and during PE lessons. A tshirt, sunglasses and a sun hat, ideally one with a wide brim, are also essential items to help protect your child's skin.

Finally it is very important that children keep their fluid levels topped up when they are being active during the summer months. Drinking water, rather than consuming fizzy drinks, is the best way to stay hydrated.

The advice we outline above applies to all young people, no matter what their skin type.

We hope you find the information in this letter useful and we wish you a good and safe summer with your children.

Yours,

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How Sunwise are you?

Hooray the holidays are nearly here! But are you ready? Whether you're going abroad or staying in the UK this summer you need to make sure that you and your family know how to stay safer in the sun!

Take our Sunwise Quiz and see just how Sunwise you are. The answers are on the next page.

Plus we've got some really difficult questions for adults too – see how many they get right – you might even need to help them!



Q1 When is the sun at its strongest?

- between 7am and 10.00am
- between 4pm and 10pm
- between 11am and 3pm

Q2 If it's cloudy do you still need to wear Sun Protection Lotion?

- Yes
- No
- Wear Cloud Protection Lotion

Q3 Which Sun Protection Factor will give you the highest protection?

- SPF15
- SPF30
- SPF50

Q4 How often should you put Sun Protection Lotion on?

- Never
- Once a day
- Regularly throughout the day, especially after swimming and towelling

Q5 What piece of clothing doesn't offer good protection from the sun?

- A leather belt
- A loose long sleeved shirt
- A hat
- Sunglasses

Q6 What is the best drink to have to stay hydrated when it's hot?

- Water
- Fizzy drinks
- Cream

Q7 What is the hottest place?

- The Arctic
- The Antarctic
- The Equator





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How Sunwise are you?

Now some tricky teasers for adults...

Q1 How far is the sun from earth?

- Approximately 3 million miles
- Approximately 93 million miles
- Approximately 193 million miles

Q2 What does UV stand for?

- Ultra Violet
- Union Vessels
- Usually Violent
- Uproar Varies

Q3 What is the top layer of the skin called?

- Epidermis
- Dermis
- Subcutaneous

Q4 Which is the odd one out

- UVA
- UVB
- UVC
- UVD

Q5 Sun Protection Lotion is important for

- Adults only
- Children only
- Everybody



Answers: Q1 3, Q2 1, Q3 3, Q4 3, Q5 1, Q6 1, Q7 3
Tricky Teasers: Q1 2, Q2 1, Q3 1, Q4 4, Q5 3