



26<sup>th</sup> June 2019

Dear parent/carers

### Summer Safety

As the warm weather is upon us and the temperatures have risen, we need to ensure that our children are well protected from the sun and possible heat exhaustion. With this in mind please see the below reminders: -

**Water Bottles** - All children should bring a water bottle to school. Please note, water bottles should contain water only, no juice, squash, flavoured water etc. They should be plastic, glass bottles are not allowed.

**Summer Uniform** - Children may wish to wear their summer uniform, which for girls is the red/white (checked) gingham dress with white long socks/tights and for boys grey shorts with a white short sleeved shirt and grey socks. Children need to be protected from heat exhaustion, they should bring to school an appropriate sun hat or head covering to wear when outdoors. If caps/sun hats are to be worn, please could they be of a plain colour. Themed hats should not be worn.

**Sun Cream** - Please make it a daily routine to apply sun cream/lotion to your child. There is a vast variety of sun creams available, please do research into the one you think is most suitable for your child. Children should be taught how to apply cream safely and can bring their cream into school to apply during the day if you feel it is necessary. We advise that the bottled lotion type is sent into school rather than the spray type.

We thank you for your cooperation.

Yours sincerely  
Nishkam School Office