

# How to Stay Safe in The Sun at APTCOO

Enjoy the sunny school days while staying safe and protected!



**Always wear sunscreen.**

Where possible please apply sunscreen with an SPF of 30 or higher before coming to school. Bring in a named bottle to reapply often.



**Wear protective clothing.**

Dress appropriately for the sun and cover up with long sleeves. Please bring in a hat to protect your face and neck.

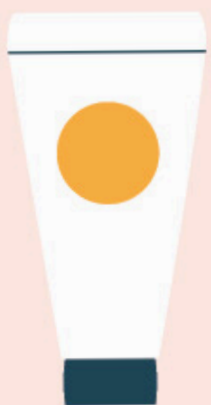
**Don't stay out in the sun too long.**

Time outdoors will be limited in the event of extreme sunlight. The use of shaded garden and woodland spaces will be encouraged.



**Slip**

on protective clothing



**Slop**

on SPF30+ or higher sunscreen



**Slap**

on a hat



**Seek**

shade



**Slide**

on sunglasses

**stay hydrated.**



Regular water breaks will be encouraged throughout the day. Please feel free to send in a water/juice bottle for use in school.