

Elston Hall News

Sun Safety

Stay safe in the sun as you enjoy time outdoors.

Please apply sunscreen to your child before school and provide your child with a hat.

Please label any hats and sunscreen sent into school. Pupil's will also need to be able to apply it to themselves.

For advice on sun safety please see:



Use sunscreen with a minimum SPF 50 and at least 4 stars UVA protection.

Wear sunglasses.

Reapply every two hours or immediately after swimming.

Choose loose clothing and a hat to help protect you.

Generously apply sunscreen, 15 to 20 minutes before going out.

Seek shade between 11am—3pm

Road Safety

It is important that we teach road safety to our children from a young age and as the weather continues to improve we find ourselves out and about more.

- Always use the Green Cross Code. Stop, Look and Listen.
- Do not cross at dangerous places – including bends, junctions etc.
- Use pedestrian crossings even if it means walking a little further.
- Do not cross between parked cars.
- Check that no cars are about to move off.
- Please could you remind your children to follow the pavements around school taking care not to walk or ride across car parks.



BE SMART ONLINE



S

SAFE

Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.



M

MEET

Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information or for photos/videos of you then tell an adult straight away and report them together on www.thinkuknow.co.uk

THINK
U
KNOW
co.uk

A

ACCEPTING

Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.



R

RELIABLE

You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.



T

TELL

Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline – 0800 11 11 or www.childline.org.uk



BE SMART WITH A HEART

Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.

