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## MONTHLY HEALTH MESSAGE

### GETTING MOVING MORE.

#### Staff and Student challenge

For every 50 hours extra exercise/activity (to the activity already taking part in prior to May) a cotton wool ball is earned and is put into the Staff or Student container. Staff are working hard to not let the students beat them but its Students in front so far!!! Blacko were initially in the lead but Ribble have taken over lately! May was Walking month. In June we had Learn to swim week and I challenged students and staff to try and have a swim week commencing 10<sup>th</sup> June. Well done to all those families who took part in that challenge. As part of Learn to swim week we had an assembly on Water Safety. There will be a trophy for the winning class team of students.

Some students have entered a Road Safety competition, as part of being more active is more access and awareness of the environment. Good Luck everyone... the winning prize is a bicycle and your poster printed out and displayed in the community.

#### Safety in the Sun

**Around 37 people are diagnosed every day in the UK with malignant melanoma, the most serious type of skin cancer. The main cause of skin cancer is too much ultraviolet (UV) radiation from the sun or sunbeds.**

Getting sunburnt increases the risk in adults and children. Protect skin from too much sun with shade, clothes and sunscreen with at least SPF15 and 4 stars.

Check the UV Index before you leave the house. [www.metoffice.gov.uk/uv](http://www.metoffice.gov.uk/uv)

**1-2** You can safely stay outside.

**3-7** Risk of Sunburn. Sun protection is needed. Take care between 11am and 3pm (UK)

**8 and above** High risk of sunburn. Sun protection is important for all skin tones.

I have enclosed a leaflet from Cancer Research UK giving advice around reducing your cancer risk.

After the recent warm weather we had and the appearance of the golden ball called a SUN we had many children in school with severe sunburn (red, painful, blistering) and some children absent due to heatstroke.

Some students have entered a Safety in the Sun competition and the winning prize is a bag of sun related goodies. The student also gets to print out their poster on a special machine which will visit school wc 17 July. Good Luck.

Wishing everyone a Happy and Healthy Summer break as we come to the end of term.

**Keep safe.**