



Sun Protection & Water Safety

As we move into the warmer months, we will be focusing on **sun protection** and **water safety** as key areas of learning for our EYFS children. These topics are especially important at this time of year, helping children develop early habits that keep them safe, healthy, and confident.

Why this matters:

Young children have delicate skin that is more vulnerable to sun damage, and they may not yet recognise the risks of heat or prolonged exposure. Similarly, water can be fascinating and fun, but it also presents safety risks if children are not guided to understand boundaries and safe behaviours.

What have begun and will continue to be teaching in school:

- The importance of wearing hats and protective clothing
- Applying sunscreen and seeking shade
- Drinking plenty of water to stay hydrated
- Basic water safety awareness, such as staying close to adults and recognising safe/unsafe situations



How you can help at home:

- Send your child in with a named sun hat and applied sunscreen each day
- Provide a refillable water bottle
- Talk to your child about staying safe near water (e.g., at the beach, pools, or even in the garden)
- Reinforce messages about listening carefully to adults when near water or in the sun

Additional safety tips for families:

- Apply sunscreen (SPF 30 or higher) before leaving the house and reapply regularly, especially after water play
- Encourage children to play in the shade during the hottest parts of the day (11am-3pm)
- Dress children in lightweight, long-sleeved clothing where possible for extra protection
- Never leave young children unattended near any water, including paddling pools, baths, or buckets
- Empty paddling pools after use and store them safely
- Check water temperature before baths or water play to prevent burns
- Encourage children to enter water slowly and safely—no running near pools
- Ensure children wear appropriate flotation aids if near deeper water (but remember these do not replace adult supervision)
- Stay within arm's reach of young children when they are in or near water

By working together, we can help children build lifelong habits that keep them safe while enjoying the sunshine and outdoor play. Thank you for your continued support!

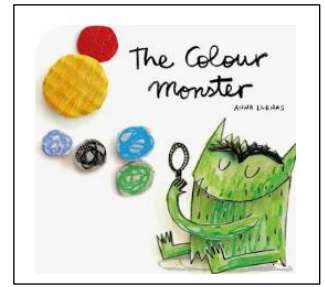
School Readiness Top Tip to Practise this Week.

Talk About Feelings

Help your child recognise and name emotions:

- Happy, sad, worried, excited
- Talk about what they can do if they feel upset (e.g., tell an adult)

Children who understand emotions cope better with change.



I would highly recommend the story 'The Colour Monster' by Anna Llenas to help you to develop this important emotional literacy.

When things get difficult:

Show your child easy breathing techniques:

- "Smell the flower, blow out the candle"
- Breathe in slowly, then out slowly



Important Diary Dates and Information

Parents New to Reception Meeting - Monday 29th June 5pm (Adults only)

- **Nursery Transition Day - Wednesday 1st July**
- **Summer Fayre - Friday 3rd July**
- **End of Term and Teddy Bears Picnic Day - Thursday 16th July** (There will be a chance for you to come and join us in our Nursery Garden to play either in the morning or afternoon. Await further information).
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Have a Nice Weekend
Take care,
The Nursery Team 😊