

L.O. How sunshine helps bodies to grow and how to keep safe and well in the sunshine.

Mar 8-11:19

How does sunshine make you feel?

Vitamin D. The sun's UV rays help your body make this nutrient, which is important for your bones, blood cells, and immune system. It also helps you take in and use certain minerals, like calcium and phosphorus.

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Being outside in the sunshine can be great fun, but because of the damage UV rays can do, we need to make sure that we protect our skin from the sun.

now watch this short clip about sunburn

 <https://youtu.be/pp3V21i8P3w>

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How to stay safe

 <https://www.bbc.co.uk/cbeebies/watch/sun-safety-for-kids>

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Spending too much time in the sun can be harmful.

We should all follow a special code which reminds us how to enjoy the sun whilst staying safe.

There are five parts to remember...

Spend time in the shade between 11am and 3pm.

Make sure you never burn.

Aim to cover up with a hat, t-shirt and sunglasses.

Remember children need to take extra care.

Then use sunscreen of a minimum of SPF 30.

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