

Dear Parents,

As we are experiencing sunnier days, I would like to request that you ensure your child(ren) is/are equipped with a suitable sun hat, and that you please apply sunscreen to your child before they come to School. If you feel that your child may need additional application of a sunscreen, clearly labelled bottles can be brought to, or kept at School until the end of term for use as and when required. We recommend that sunscreens have a minimum Sun Protection Factor (SPF) 30, be 'broad-spectrum' (to provide both UVA and UVB protection) and, if labelled with a UVA star rating, carry a minimum of 4 stars.

Sun hats should be either broad-brimmed (bucket style) or legionnaire, to shade the face, neck, ears and cheeks. Kirkham Grammar School hats are available from the School Shop, or alternatively a navy hat, without a logo, would be acceptable.

We would also like to take this opportunity to remind parents that pupils are encouraged to bring water bottles into school. Children require 6-8 glasses of fluid a day to stay healthy, and even small levels of dehydration can lead to reduced levels of concentration and affect behaviour. Personal water bottles can be kept in the classroom and can be filled as needed. Bottles, however, should go home each day to be washed. Sugar free, non-fizzy juice, is an alternative option.

Recently, we have noticed that some of our pupils are bringing in snacks with a high fat and sugar content and would like to take the opportunity to remind you that healthy snacks are the only snacks that should be sent into school for your child(ren).

Thank you for your ongoing support.

Best wishes

Mrs Shuttleworth  
Deputy Head