



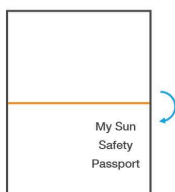
# How to assemble the passport

Follow this simple step-by-step guide to assemble your your pupils' Sun Safety Passports!

1. Print this document on either A3 or A4 paper (single-sided)
2. Starting with the first sheet, holding it portrait with the artwork face up, fold it in half along the orange horizontal line.
3. Then fold in half again vertically, along the yellow line.
4. Repeat steps 2 and 3 with the second sheet.
5. Place the second folded sheet inside the first so it resembles a booklet, with the Sun Safety Passport cover at the front.
6. Trim the white borders.
7. You're done!

1

Fold each sheet in half, on the orange line



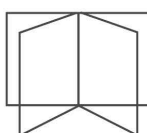
2

Fold the in half again, on the yellow line



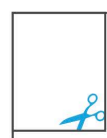
3

Place the second folded sheet inside the first.



4

Trim the borders as necessary.



Thanks,

Garnier Ambre Solaire



Keep this leaflet safe for your reference, or recycle once you're finished with it. Thank you!





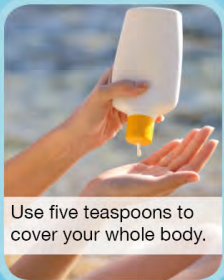
Help Jake to put on enough sun cream. How could he split up his five teaspoons of sun cream to cover his skin evenly? Draw lines to divide his body into five sections and shade them in different colours.

## How much sunscreen?

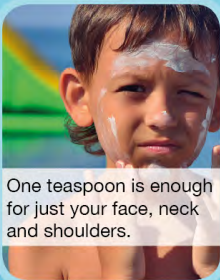
## How to apply sun cream safely

Did you know that sun cream is less effective when it's applied incorrectly?

Follow our top tips to stay sun safe!



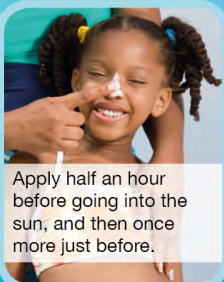
Use five teaspoons to cover your whole body.



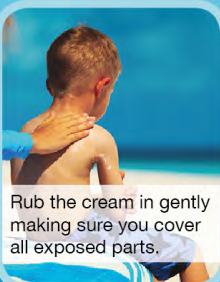
One teaspoon is enough for just your face, neck and shoulders.



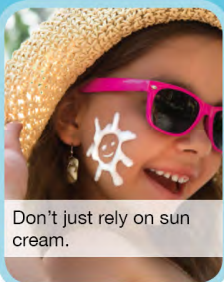
Reapply every two hours, or after swimming or exercise.



Apply half an hour before going into the sun, and then once more just before.



Rub the cream in gently making sure you cover all exposed parts.



Don't just rely on sun cream.

Remember to WRAP, HAT and seek shade too!



Garnier Ambre Solaire

Thanks,

[nationalschoolspartnership.com/initiatives/wrap-splat-hat/](https://nationalschoolspartnership.com/initiatives/wrap-splat-hat/)

By following the **Wrap, Splat, Hat** message you can keep your child safe in the sun. For more information see

- Make sure that your child has children's sun cream with a minimum SPF50, a t-shirt, and a hat so that they can **Wrap, Splat, Hat!**
- Provide them with sunglasses to protect their eyes and a water bottle to keep them hydrated.
- Make sure they apply enough sun cream - up to five teaspoons - every two hours.
- Talk to your child about sun safety and the importance of being responsible.

Here are some easy steps to help you protect your child:

steps - **Wrap, Splat, Hat.**

Our children enjoy spending time outdoors, but their skin is more delicate than ours and can easily be damaged by the sun, even when it doesn't seem strong. In school, your child has been learning to stay safe in the sun using three simple



**Dear Parents,**

## My Sun Safety Passport

Fun activities to keep you safe in the sun



Name: \_\_\_\_\_



Pupil name:

## competition entry form

Our skin is amazing and unique to every one of us!

## My Amazing Skin!



Three yellow spray bottles are shown against a blue background. The bottles are labeled with the numbers 15, 30, and 50 in white. The bottle on the left is labeled 15, the middle one 30, and the right one 50.

Two blank analog clock faces are shown side-by-side. Each clock has a circular face with numbers 1 through 12 around the perimeter. There are two concentric circles of dots: an inner circle with 12 dots and an outer circle with 24 dots. The hands of the clock are not present.



**SPLAT**



A colorful illustration of a park scene. In the background, a boy in a blue shirt flies a red and white kite. To his right, a boy in a blue shirt and a girl in a pink shirt play with a soccer ball. In the foreground, a girl in a blue shirt and pink skirt slides down a yellow slide. Next to her, a boy with glasses and a yellow shirt stands. In the bottom left corner, a boy with dark skin and curly hair sits on the grass reading a book. A brown dog is running in the middle ground. The scene is set in a green park with trees, a blue sky with white clouds and a large yellow star, and a winding path.