

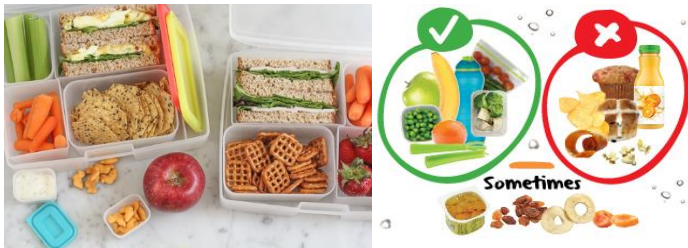


How to be Sun Smart - slip, slop, slap

- **SLIP** into a shirt - and slip into some shade, especially between 10am and 4pm.
- **SLOP** on some sunscreen before going outdoors. Put sunscreen on any skin not covered by clothes. Choose a sunscreen that meets the New Zealand Standard Use a broad-spectrum sunscreen of at least SPF30. Wipe it on thickly at least 20 minutes before going outdoors. Reapply every two hours or more often if you are swimming or sweating it off.
- **SLAP** on a hat with a brim or a cap with flaps. More people get burned on the face and neck than any other part of the body (and it's a common area for skin cancer) so a good hat is important.

School sunhat \$12 from the school office.

Boost energy with a healthy lunch



Protect your family's smile

He māmā noa iho te tiaki i te menemene a tō whanau **Maori**

E mama ua te akatinamou i te mata katakata o toou kopu-tangata.

Kuki Airani

Mukamuka ke puipui e mamali he magafaoa haau. **Niuean**

E faigōfie ona puipuia le ata a lou 'āiga. **Samoan**

'Oku faingofua ke malu'i 'ae malimali 'a ho'ō fāmili. **Tongan**



Eat

For a child to develop and grow they need to eat healthy foods. A goal could be to:

- eat breakfast every day
- eat two servings of vegetables every day
- drink plenty of water every day.

Move

Being active has many health benefits and can be fun for the whole family/whānau. A goal could be to:

- play outside every day
- limit screen time (Ipad/computer/laptop) to less than one hour a day.

Sleep

Sleep helps your child to restore their energy and is important for their growth and development. A goal could be to:

- go to bed early each school night
- read a story before bed each night.