

Date: May 2025



# Appledore School

## Attendance Matters

Here to support you with attendance are:

Mr Cooper



Mrs McMorine



Mrs Bannister



Mrs Phillips



Mrs Goldsmith-Ryan



Current

Whole School

Attendance:

95.9%

### Data for May

Reception	95%
Year 1	96.1%
Year 2	97.3%
Year 3	95.4%
Year 4	96.7%
Year 5	97.3%
Year 6	97.4%

As a school we aim to:

- \*Maintain an attendance rate of a minimum of 96%
- \*Maintain parents' and pupils' awareness of the importance of regular attendance
- \*Maintain good time keeping

### Sun Safety in Summer

Don't forget to wear a **Sunhat!**

Wearing a sun-protective hat is a simple and effective strategy for reducing ultraviolet radiation to the face, head and neck.



Drink plenty of **water!**

Infants and young children have a higher proportion of body water than adults. They are also less heat tolerant and may be more likely to get dehydrated, especially when being physically active and in hot climates. Encouraging children to drink fluids regularly is really important as children may not remember to have a drink by themselves.



Wear **Sunglasses**

Children under age 10 are at a high risk for skin and eye damage from UVR. The skin on their eyelids and around their eyes is more delicate and vulnerable than adult skin



Wear **Sun Cream!**

Cover exposed parts of your child's skin with sunscreen, even on cloudy or overcast days. Use one that has a sun protection factor (SPF) of 15 or above and is effective against UVA and UVB. Don't forget to apply it to their shoulders, nose, ears, cheeks, and the tops of their feet. Reapply often throughout the day.



Play in the **Shade!**

Babies have thinner skin and underdeveloped melanin, so their skin burns easily. The best protection for babies under 6 months of age is shade, so they should be kept out of the sun whenever possible. If your baby must be in the sun, dress him or her in clothing that covers the body, including hats with wide brims to shadow the face. If your baby is younger than 6 months old and still has small areas of skin (like the face) exposed, you can use a tiny amount of SPF 15 sunscreen on those areas. Even older children need to have a break from the sun frequently.



Sessions are available:

Monday—Friday  
7.30—9.00am

Monday—Thursday  
3.30pm—6.00pm