

## Important Sun Safety Reminder

Dear Parents and Guardians,

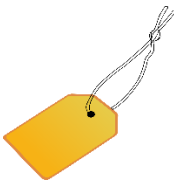
At Fern Flower – Nature School, we love spending time outdoors in nature. To ensure your child's comfort and sun safety during our forest adventures, please remember to take these simple but essential steps:



**Apply Sunscreen:** Before coming to Nature School, please apply sunscreen to your child. A broad-spectrum, child-friendly sunscreen with an SPF of 30 or higher is ideal. Don't forget to cover exposed areas, including the face, neck, arms, and legs.



**Bring a Hat:** A wide-brimmed hat can provide additional protection from the sun's rays. Encourage your child to wear their hat during outdoor activities to keep their face shaded.



**Label Everything:** To prevent mix-ups, please label your child's sunscreen and hat with their name. This helps ensure that your child's belongings stay with them.



**Hydration:** Pack a refillable water bottle for your child. Staying hydrated is important, especially on sunny days.



**Dress Appropriately:** Consider lightweight, breathable, and long-sleeved clothing to protect against the sun and potential insect exposure. Closed-toe shoes are also recommended for outdoor safety.

We appreciate your support in keeping your child safe and comfortable during Nature School activities. If you have any questions or need additional guidance on sun safety, please don't hesitate to ask.

Thank you for helping us provide a safe and enjoyable learning experience in the great outdoors.

Stay Sun-Smart and Have Fun Exploring!