

Take care in the sun

A tan or sunburn are signs of skin damage
and can increase your risk of skin cancer.

Be UV aware and protect your skin.



STAY IN THE SHADE
BETWEEN 11AM & 3PM



USE SUN PROTECTION
WITH AT LEAST SPF 30
AND UVA 4 STARS



WEAR SUNGLASSES
WITH 100% UV
PROTECTION



WEAR A BROAD-BRIM HAT



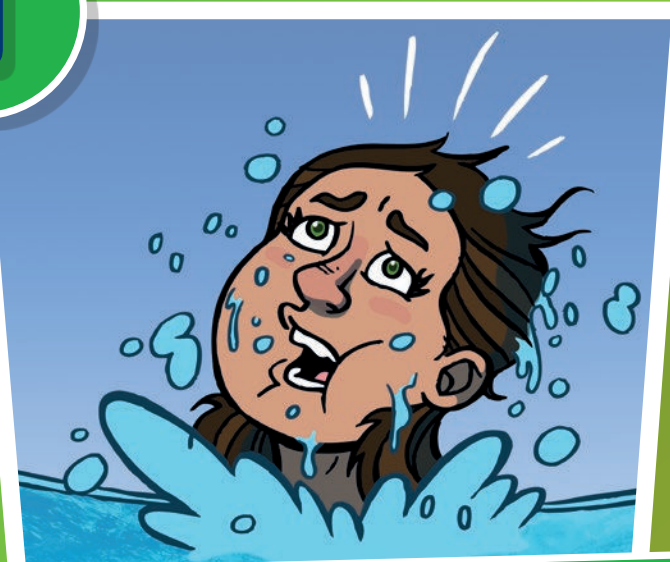
COVER UP

For more information visit www.careinthesun.org

LEARN TO FLOAT

If you get in trouble
in the water, don't
panic – follow
these steps:

1



Keep calm. Don't swim hard.
Hold onto anything that floats.

2



Lean back to keep your mouth
and nose out of the water.

3



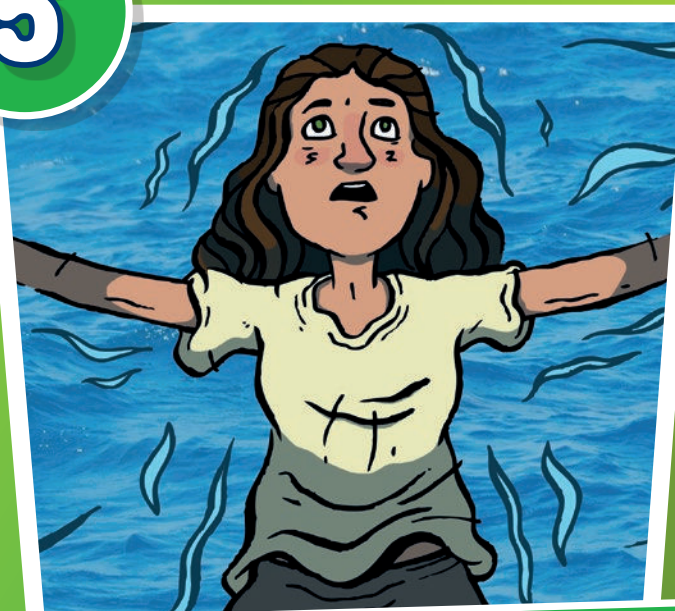
Push your belly up and
stretch out your arms and
legs into a star shape.

4



Gently move your hands
and feet to help you float.

5



Do this until you feel
more relaxed.

6



When you're calm, raise your
arm and shout for help.
Swim to safety if you can.

BE SAFE HAVE FUN!

If you are in and around the water
ALWAYS REMEMBER TO:

1

STOP AND THINK

2

STAY TOGETHER

3

FLOAT

4

CALL 999 OR 112

FIND MORE FUN
AND SAFETY TIPS AT
[RNLI.org](https://www.RNLI.org)

The RNLI is the charity that saves lives at sea

Royal National Lifeboat Institution, a charity registered in England and Wales (209603)
and Scotland (SC037736). Registered charity number 20003326 in the Republic of Ireland



Lifeboats

Calling all 9 to 15 year olds!

Love theatre? Love music? Can't stop singing?

Then you'll love...

Build an Opera

at Sullington Manor

27TH - 31ST JULY
9.30AM - 4PM

Create a brand new piece of musical theatre over says fē five days at the beautiful Sullington Manor withim easy eegoct Worshne and Chichester.

Join director Mark Bradbury, composer Christopher Hussey and artist Anna Grey to draw on your imagination and creative skills and have LOADS OF FUN!



Get stuck into a world of creativity with tips on singing technique, costumes and sets to design, songs to write, sounds to discover and

Enjoy our family-friendly performance on Friday 31 July, a 6:00PM, whichn
oll Glyndebourne style picnic!



Visit our website to book now or find out more songbuilders.co.uk

Lancing College

SUMMER CAMP



Active days. Unforgettable summers.



13/07 - 02/09

WEEKLY AND FULL DAY OPTIONS AVAILABLE

**ART
FUN DAYS**

**TEAM
SPORTS**

**FOOTBALL
CAMPS**

**FARM
VISITS**

**GROUP
GAMES**



ACCEPTING
TAX-FREE
CHILDCARE



BOYS & GIRLS
AGED 5-12



AT LANCING
COLLEGE



BOOK NOW!



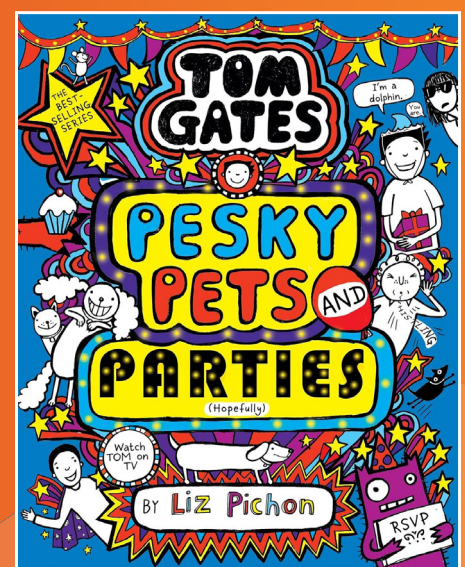
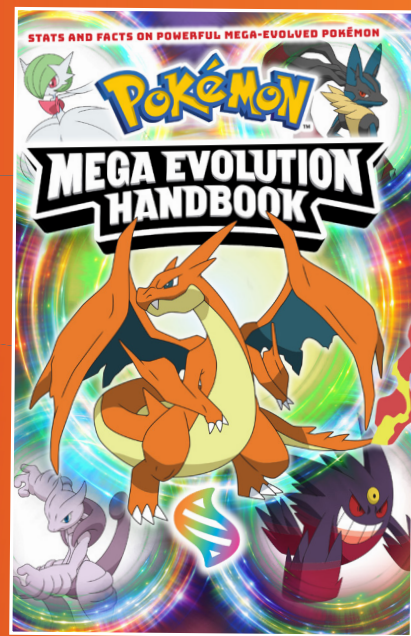
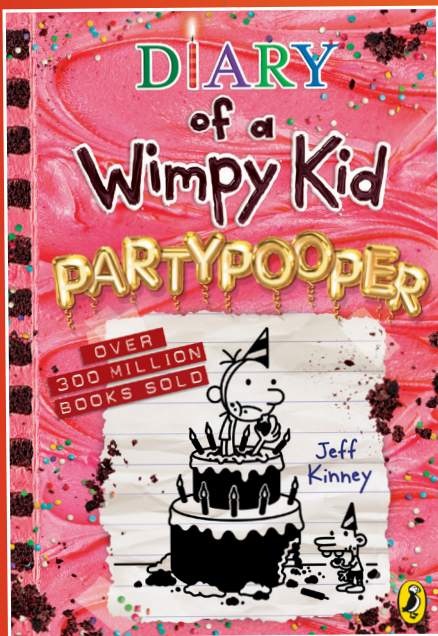
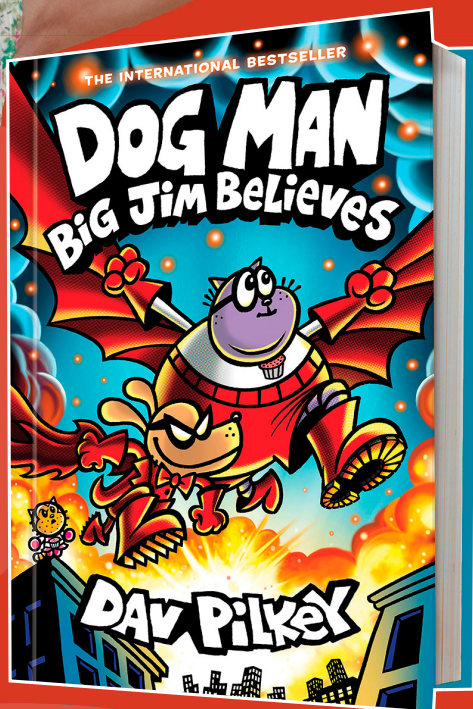
lancingcollege.co.uk/activity-camps

Every book
you buy earns
FREE
BOOKS
for our school*

COME TO OUR BOOK FAIR

AND FIND YOUR NEXT FAVOURITE READ!

Art © Dav Pilkey. DOG MAN TM® Dav Pilkey.



GO
ALL
IN.

National
Year of
Reading
2026

DATE:

TIME:

LOCATION:

Scan to pay
securely online!



HiTide
GYMNASTICS CLUB

Two
EPIC WEEKS!
Gymnastics,
Games &
Challenges!

SUMMER Camps

WEEK 1

MISSION:
MOVE

MOVE • LEARN • ACHIEVE

2026



MONDAY 27TH JULY –
FRIDAY 31ST JULY
9AM – 3PM

WEEK 2

KINGDOM OF
CHAMPIONS

TRAIN LIKE A CHAMPION.
BECOME *UNSTOPPABLE*.



MONDAY 24TH AUGUST –
FRIDAY 28TH AUGUST
9AM – 3PM



BRIGHTON SPORT AND
HEALTH COMPLEX,
FALMER, BN1 9PH



£45
PER DAY



AGES
5+ YEARS



SKILL
DEVELOPMENT



FUN &
FRIENDSHIPS



CONFIDENCE
BUILDING



ACHIEVE YOUR
BEST

LIMITED SPACES – BOOK EARLY TO AVOID DISAPPOINTMENT!



BOOK NOW >





Our Sustainability Action Plan

We make every effort to use natural resources wherever possible as well as re-using and recycling everyday objects for use in the creativity and imagination of our children in play. We'd value the support of our Little Lancing families on our journey!

How can Parents help?

We would love to extend the range of resources available in all rooms and we're wondering whether you - or your family and friends - might have a treasure trove at home of everyday objects that you don't particularly need and might be able to donate to us. The following list will give you an idea of what items we are thinking about but no doubt you can think of lots more! Please ask us if you are uncertain about the suitability of any item.

- Children's books
- Wooden toys, eg puzzles, blocks, train track, vehicles
- Electronics, eg computer keyboards, phones, walkie talkies, calculators (these don't need to be in working order)
- Fairy lights (in working order)
- Recycled pots and containers, including plant pots
- Napkin rings/cookie cutters/cake cases
- Curtain rings
- Planks or blocks of wood (sanded)
- Guttering and connectors
- Funnels, metal sieves and colanders
- Cable reels
- Wallpaper rolls
- Bangles, hats, sunglasses, purses and small bags
- Saucepans and utensils such as wooden spoons and spatulas
- Deep jar lids, eg sweetener or instant coffee
- Cork/wicker place mats and coasters
- Wicker baskets
- Cardboard tubes, (no toilet rolls)
- CDs, no cases, just the discs
- Material and natural fabrics, string, ribbons, wool and craft supplies
- Pine cones/shells/feathers/sticks
- Towels



Please bring in anything you would like to donate to the Nursery Office
All items are regularly cleaned and risk-assessed