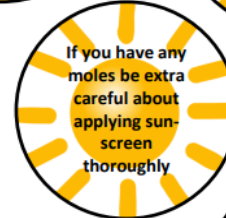


## Sun Safety

While we all love the sunshine, it's important to remember to look after our skin and protect ourselves from the sun's harmful rays.

Due to the high levels of UV in Cornwall, it's important to protect ourselves as the sun's UV rays can damage the skin cells, leading to sunburn and an increased risk of skin cancer, even on a cloudy day.

Ways to protect yourself:



## THE JUMP!



Helen Pearson & Matt Williams will do a sky dive for Cornwall Mind for Mental Health Day on 10<sup>th</sup> October 22. We jump 15,000 feet on the 9<sup>th</sup> October.

## STAFF SPORTS DAY

We are reinstating our Staff Sports Day on Wednesday 13<sup>th</sup> July (after the main school sports days). It will start at 3.30pm allowing everyone a breather after the chaos of sports day and continue until 4.30pm ish.

The staff sports day will consist of events such as the skateboard swimming, egg and spoon race, sack race, space hoppers, slow bike ride etc

We thought we would split staff into countries like the students are and you can then choose which races you would like to take part in. The whole PE department along with other competitive souls will be split up to allow for a fair competition!!!

If you are not someone who likes participating then please come along and be involved in cheerleading or officiating.

If you have children to collect after school or who stay on site then they are more than welcome to come along and enjoy the merriment too!

If you are interested in taking part either as a competitor or as a spectator in this staff social event please sign up on the board in the staffroom.



### STARS@wadebridge...

Send a message to Helen and Gemma to nominate a colleague to receive a small treat in recognition of something they have done.



What is brown, hairy and wears sunglasses? ....A coconut on vacation.