



## FROM THE COLLEGE NURSE

At this time of year, we often see students come to Sick Bay complaining of headaches and dizziness. This is often caused by dehydration.

To avoid this it is important that we stay safe in the sun. Please remind your child to:

- Wear their hat to school
- Wear hats and sunscreen on sports days
- Take a drink bottle to sport
- Drink plenty of water
- Sit in the shade whilst eating their lunch

### **TOP TIPS FOR GETTING YOUR CHILD TO DRINK MORE WATER AT SCHOOL**

1. Bring a water bottle or juice to College each day.
2. Freezing their water bottles overnight and/or allow them to purchase a refreshing snack from the Canteen
  - Frozen fruit tubes or fruit cups can be purchased from the Canteen for \$1
  - Chilled bottles of water can be purchased from the Canteen for \$1 - \$2

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**College Nurse**