

George the Sun Safe
SUPERSTAR!



Kathryn Clifford & Chantal Renn

GEORGE THE SUN SAFE SUPERSTAR
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A printed version of this book first published 2012 by Fast-Print Publishing of Peterborough, England, is available to purchase - reference ISBN: 978-178035-317-3
For further information please visit www.skcin.org
A catalogue record for this book is available from the British Library



George the Sun Safe SUPERSTAR!



Written by Kathryn Clifford
Illustrated by Chantal Renn
Edited and Produced by Charlotte Fionda



This is a story of how a boy became
known by a very, very special name.
How he spread a message near and far,
and became a **Sun Safe SUPERSTAR!**



It began one day when his mummy said...

"When you go out George, use your head.
Remember son to **SLIP, SLOP, SLAP**,
wear a t-shirt, sunscreen and a hat.
When it's *sunny* you must think,
that these will stop you turning *pink*!"

"The sun is fun and good for you,
but it can *burn* and *hurt* you too.
It is important that you know,
whilst it gives us light and makes things **grow**
the sun sends out *invisible* rays
that can *burn* your skin on sunny days."





“Unlike a burn from normal heat,
sunburn harms the skin beneath.
It can make you very sore,
so be certain and make sure...

**You cover shoulders, shade your head
and apply your sunscreen!”** his mummy said.

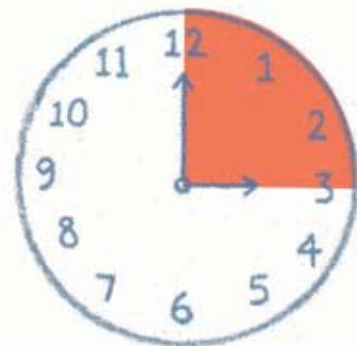
George asked...

“How can something I can’t see
hurt my skin and **damage** me?”
Mum said “it’s a *harmful* form of light
that’s called **UV** and is out of sight,
like lots of things that are in the air
that we can’t see but are still there.”





"The sun is **hottest** around midday, so find a shady place to play. Be extra *careful* between 12 and 3, when the sun produces strong UV. Find some shade under a tree, or go indoors for a while, maybe?"



"A tip that's really good to know, is to look down at your *shadow*. If your shadow is shorter than you **SLIP, SLOP, SLAP** is what to do! Another tip that's very wise, is to wear *sunglasses* to protect your eyes."



George knew that he'd look really *cool*,
if he followed the **Sun Safe Rule**.
"To help *remember* it" his mummy said,
"Just think **five S's** in your head.
SLIP, SLOP, SLAP, that makes 3,
plus **sunglasses** and **shade** makes 5 you see!"



So on that *sunny* summers day
before George went outside to play,
he **slipped on his t-shirt, slapped on his hat,**
slopped on his sunscreen, easy as that!
Remembering what his mum had said,
he popped his **sunglasses** on his head.



His mum said proudly "George you are,
an official **Sun Safe Superstar!**"



The following day George went to school,
where a year six boy who's really cool
was playing football in the *midday sun*,
without his **hat** or **sunscreen** on.
The boy was slowly turning **red**,
as the sun beat down upon his head.

"SLIP, SLOP, SLAP"

George said...

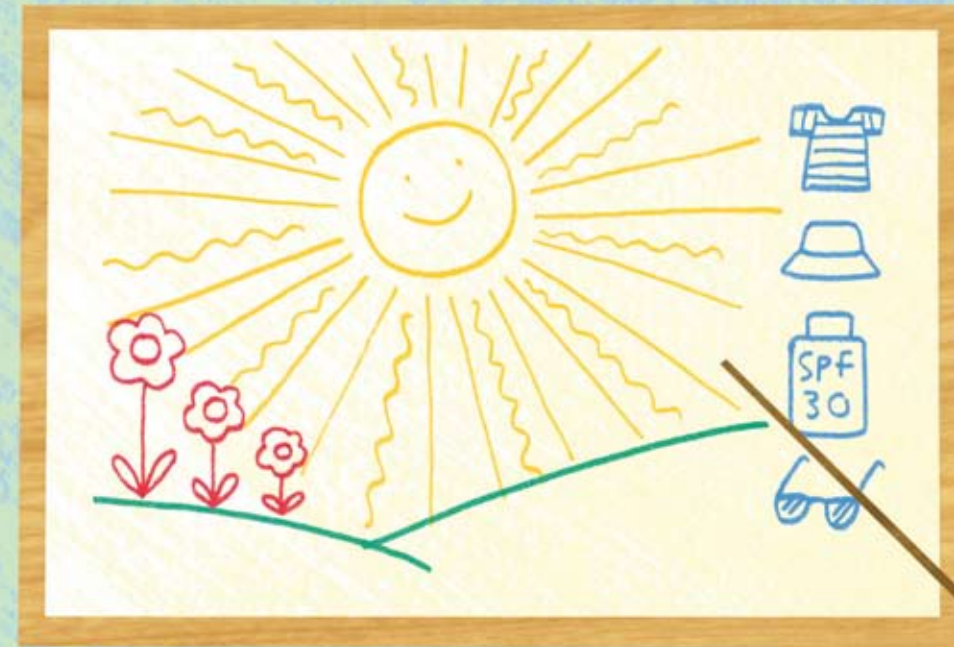


**"Slip on a T-shirt, Slap on a hat,
Slop on the sunscreen - as simple as that!
The only thing you need to learn,
when playing outside is *never* burn.
Follow these rules and you'll know you are,
like me - **A Sun Safe Superstar!"****





"Thanks!" said the boy, "I didn't think, the sun could **burn** and turn me **pink**. For a little kid, you've a *clever* head, like a *super-hero* the big boy said! Now I know I can pass it on, to someone else who loves the sun. So spread the message near and far, until we're all a **Sun Safe Superstar!**"



George thought about what the boy had said, and how *he* could make the message *spread*. So he told his friends, he told his school, he told them all the **Sun Safe Rule**. He told them all to pass it on, and soon he had told *everyone!*





George was *pleased*, he told his mum, he told her all that he had done. And told her how he'd now become known by his school and *everyone*, as not just 'George, age 5, class R,' but...



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How he spread a message, near and far,
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*Helping children learn about the
importance of sun safety in a fun
and engaging way.*

