



Newsletter 18.06.26

Hello from Our Principal, Maria Cupit

Dear Families,

Helping Your Child Enjoy Reading This Summer

As we approach the summer break, we would like to encourage all children to continue reading regularly. Summer is a wonderful opportunity for children to discover books they genuinely enjoy and to build confidence as independent readers.

Why Summer Reading Matters

Regular reading helps children maintain and develop their reading skills, vocabulary, imagination, and knowledge. Even 10 to 20 minutes of reading each day can make a significant difference. Most importantly, reading should be a positive and enjoyable experience rather than a chore.

How You Can Support Your Child

Let your child choose what they read: Children are often more motivated when they can select books, comics, magazines, newspapers, graphic novels, or information texts that interest them.

Create a daily reading routine: A regular reading time - perhaps before bed, after breakfast, or during a quiet part of the day - can help establish a lifelong habit.

Celebrate effort, not just achievement: Praise your child for reading regularly, trying challenging words, discussing stories, or finishing a book. Confidence grows when children feel their efforts are valued.

Read together: Even older children enjoy sharing books with adults. Take turns reading aloud, discuss interesting characters, and talk about favourite parts of the story.

Visit your local library: Libraries offer a fantastic range of books and often run summer reading challenges and activities that can inspire children to read more.

Make reading part of everyday life: Encourage your child to read recipes, instructions, menus, signs, maps, and information about topics they enjoy. Reading happens everywhere, not just in books.



Hello from Our Principal, Maria Cupit... continued

Building Reading Confidence

If your child finds reading difficult at times:

- Encourage them to have a go before helping.
- Remind them that it is okay not to know every word.
- Focus on understanding and enjoyment rather than perfection.
- Choose books that are accessible and enjoyable, as well as some that provide a gentle challenge.
- Celebrate small successes and progress.

Reading for Pleasure

One of the greatest gifts we can give children is the belief that reading is enjoyable. When children associate books with relaxation, curiosity, laughter, and adventure, they are much more likely to become lifelong readers.

We hope you and your family enjoy many wonderful reading moments together this summer. Thank you for your continued support in helping your child develop confidence and a love of reading.

Parents webinar: Top tips to help your child enjoy reading independently this summer

Tuesday, 30th June 2026 – 3:45pm-4:30pm

[Summer term webinar social cards](#)



Hello from Our Principal, Maria Cupit... continued

Fonetti National Read-Aloud Challenge 2026

Once again, this year we are entering the **Fonetti National Read-Aloud Challenge 2026**. The National Read-Aloud Challenge keeps your child reading aloud through the holidays in just a few minutes a day. It's free, it's safe, and 9 in 10 parents told Fonetti their child's confidence grew. Your child reads independently on Fonetti while you follow their progress and celebrate every milestone.

Why Parents Love It:

- Free for all children from 1st July - 31st August
- Easy, safe, and fully independent to use
- Keeps reading skills sharp and improves reading age
- Encourages a lifelong love of reading
- Real rewards that recognise real effort

And with the National Read-Aloud Challenge, they'll join a nationwide competition with the chance to win:

- Certificates awarded for reaching each Milestone
- A selection of prizes including Gift cards, Author Signed Books and lots more sponsored by GoHenry





Hello from Our Principal, Maria Cupit... continued

- Winning Schools from each region are invited to a fully funded day trip to London for the National Awards Ceremony hosted by brand ambassador Clare Balding CBE

Challenge Details

Who can participate?

- Children of all reading abilities
- Ages of 5-15
- UK nationals, living in the UK
- Take part with your school or as an individual

Dates

1st July – 31st August 2026

During the challenge, children receive unlimited access to the award-winning Fonetti platform.

<https://www.readaloudchallenge.co.uk/join/QJRU-MZSV-YWCM>

Lambourn Church of England Primary School
Register your child for FREE at:
<https://readaloudchallenge.co.uk/join/QJRU-MZSV-YWCM>

National Read-Aloud Challenge 2026
Powered by Fonetti

- ★ **FREE** for children from July 1st - August 31st
- ★ Safe and easy for every child to use **without supervision**
- ★ Encourages a child's love for reading and helps **maintain and improve** reading skills
- ★ Uses gamification, competition, leaderboards and prizes as a proven method to further **engage children in a fun and competitive way**
- ★ Encourages a love for reading, fires up their imagination and improves their reading skills
- ★ Winning schools get 4 places to a fully-funded day trip to London to the awards event hosted by **Clare Balding CBE**.

Follow along for updates

- 📱 [read_aloud_challenge](#)
- 📘 National Read-Aloud Challenge
- 🌐 National Read-Aloud Challenge

"Reading is fuel for our imaginations and reading aloud is all about confidence... So let's get reading!"

Clare Balding CBE, National Read-Aloud Challenge & Fonetti Brand Ambassador



#BeProudReadAloud

GO ALL IN Official Partners

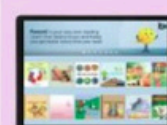
National Read-Aloud Challenge 2026
Powered by Fonetti

Enrol Now

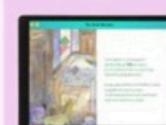


Fonetti
Meet the Personal Reading Coach that creates confident readers.

Fonetti is an award-winning AI-powered reading platform built specifically to listen to children read, transforming them into confident, independent readers.



Children choose from a library of engaging books and simply read them aloud. Progress and stars achieved are shown to inform and encourage.



When read correctly, the words turn green, if skipped or misread, they turn grey. For children, an audible cue can be accessed by simply double-tapping the word.



Children can effortlessly monitor their progress on a daily, weekly, monthly or overall basis! Parents and carers are kept informed with weekly progress updates.

Fonetti is proven to boost oracy, fluency, reading and English language skills.

88%

of parents reported increased reading enjoyment in their children

91%

of parents noticed increased reading confidence in their children

97%

of parents would encourage their child to take part again.

Results from the National Read-Aloud Challenge Parent Survey 2025



Play Donations!

Dear Parents and Carers,

As we look ahead to the next academic year, we are excited to be developing and enhancing our playtimes to provide children with even more opportunities for creativity, exploration and active play. We are introducing new resources and activities to help make breaktimes engaging, enjoyable and beneficial for all pupils.

To support this, we are asking for donations of any unwanted items from the attached list. Many of these are things that families may already have at home that are no longer needed. Your generosity will help us create a stimulating environment where children can build friendships, develop teamwork skills and enjoy purposeful play.

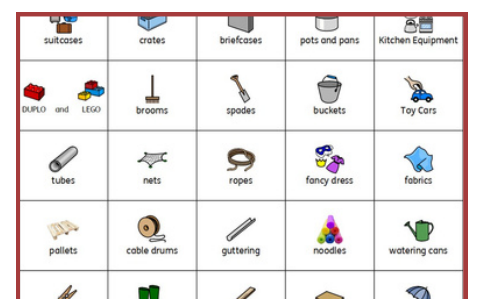
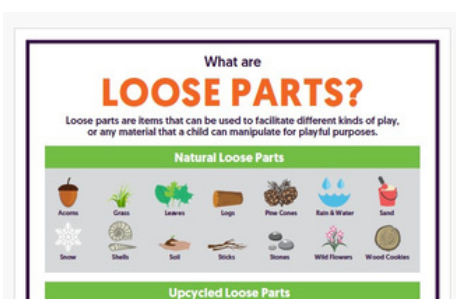
In addition, as we plan to make the most of our outdoor spaces throughout the year, we would like every child to have a named waterproof coat and a pair of wellington boots in school from September. Outdoor play is an important part of the school day, and having suitable clothing will allow children to continue enjoying the fresh air in a variety of weather conditions.

We also recognise that children quickly outgrow these items. If you have any wellington boots or waterproof coats that your child no longer needs and are still in good condition, we would be extremely grateful for donations. Having a small supply of spare items will ensure that all children are able to participate comfortably in outdoor activities when needed.

Any donations can be brought into school and handed to your child's class teacher. There is absolutely no expectation to contribute, but any support you are able to offer will be greatly appreciated.

Thank you, as always, for your continued support in helping us provide the very best experiences for our children.

Yours sincerely,
Niamh O'Farrell



Chitty Chitty Bang Bang

A group of us had the most amazing opportunity to visit the Watermill Theatre and watch Chitty Chitty Bang Bang. The show was fantastic, and we even had the chance to get involved in the circus tent!

The children enjoyed taking turns sitting inside the car and playing the old-fashioned games.

Mrs Stapley and Mrs Womersley



JMF

On Tuesday evening, our wonderful school choir took part in the West Berkshire Junior Music Festival, joining around 200 children from schools across the county for a truly memorable musical celebration. The children sang beautifully, with fantastic harmonies and infectious enthusiasm that filled the venue. This year's Under the Sea theme brought an extra splash of fun, with the choir looking fantastic in their creative costumes. A particular highlight was the opportunity to perform alongside a live orchestra, making the experience even more special. The children represented the school brilliantly, and a wonderful time was had by all. Well done to everyone involved!



Floral Festival

A group of talented Key Stage 2 children recently came together to create a beautiful piece of floral artwork for the church's Floral Festival. Inspired by the colourful and uplifting work of artist Yvonne Coomber, the children carefully designed and crafted their display, showcasing both their creativity and teamwork. We are incredibly proud of their contribution and are delighted that their artwork could be part of this wonderful community event



Berkshire Chamber Music Festival

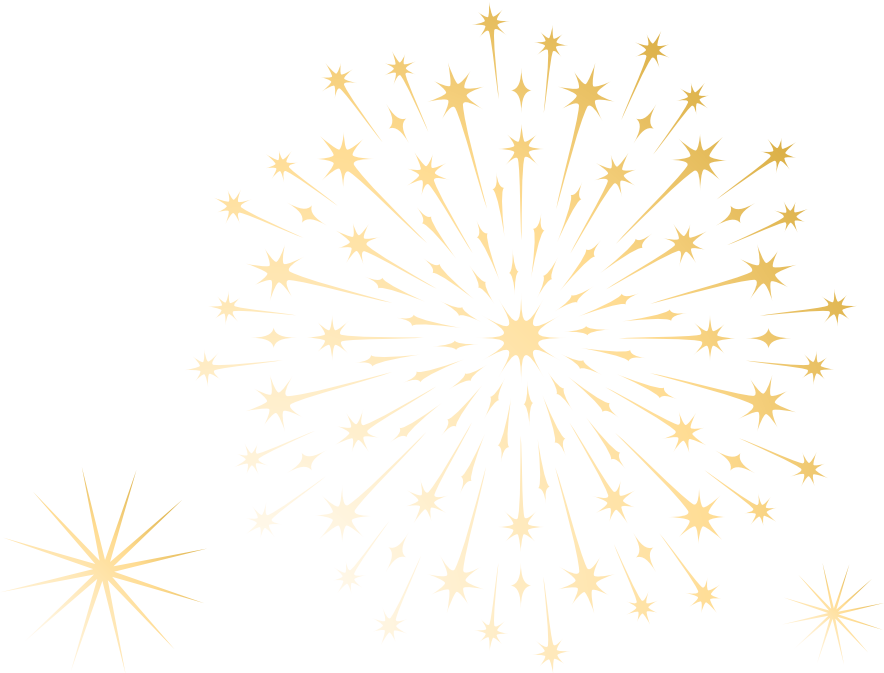
Last week, we were delighted to welcome the Berkshire Chamber Music Festival to our school for a fantastic musical performance. Steve introduced the children to the tuba, while Poppy showcased the clarinet, sharing their impressive talents and helping us to learn more about these wonderful instruments.

The musicians performed an exciting range of pieces that appealed to everyone. The performance included beautiful music by Mozart, the uplifting classic Lean on Me, and even Golden from K-Pop Demon Hunters, which was a particular favourite with many of the children! Throughout the session, pupils were encouraged to listen carefully, think about how music can evoke different emotions, and appreciate the skill and dedication involved in becoming a professional musician.

We would like to thank Steve, Poppy and the Berkshire Chamber Music Festival for inspiring our pupils and bringing the joy of live music into our school.



School Celebrations



Reading Champions 12th June



Handwriting & Presentation 12th June



Headteacher Awards 12th June



Maths Champions 12th June



Top Doodler 12th June



School Celebrations

Values Medals 15th June



Handwriting & Presentation 19th June



Headteacher Awards 19th June



Maths Champions 19th June



School Office: Reminders, updates & future calendar dates

Future Calendar Dates (new dates added - event information will show in bold)

22nd June: Year 4 visit to Ramsbury Estate

25th June: KS1 Sports Day - 9am-10:15am

25th June: KS2 Sports Day - 10:45am-12pm

26th June: PTA Non School Uniform Day in exchange for a bottle (for tombula)

29th June: Year 6 Residential

30th June: Year 4 trip to Great Hall Winchester

3rd July: Futures Day

9th July: Year 3 trip to Seven Burrows

10th July: SEND Breakfast - all parents welcome

10th July: PTA Bouncy Castle Fun Day

14th July: Reception trip to Cotswold Wildlife Park

16th July: Y6 Performance to parents/carers at 6pm

20th July: Y6 Leavers service in church



If you have a query about your child please contact their class teacher in the first instance:

Mrs Crick: F1@lambourn.excalibur.org.uk F2@lambourn.excalibur.org.uk

Miss Townsend Y1@lambourn.excalibur.org.uk

Miss Townsend Y2@lambourn.excalibur.org.uk

Ms Ross Y3@lambourn.excalibur.org.uk

Mr Wootten Y4@lambourn.excalibur.org.uk

Ms Linsley Y5@lambourn.excalibur.org.uk

Miss O'Farrell Y6@lambourn.excalibur.org.uk

For any other enquiries please phone or e-mail the school office: 0148871479

admin@lambourn.excalibur.org.uk



SEND Update

Ask the SEN Team Breakfast

Friday 10th July, 8:45am (after drop-off)

All parents and carers are warmly invited to join us for our Ask the SEN Team Breakfast. Come along for a relaxed morning of coffee, croissants, and conversation. This is an opportunity to ask questions, share concerns, and find out more about how we can support children with additional needs.

We would love to hear your questions in advance so that we can prepare helpful information and advice. Questions can be submitted anonymously if preferred and may relate to topics such as:

- EHCPs
- Anxiety
- Homework
- Behaviour
- Transitions
- Any other SEND-related questions

Please send any questions to school by Thursday 3rd July.

The breakfast will take place after drop-off on **Friday 10th July at 8:45am**. All parents and carers are welcome, whether you have submitted a question or would simply like to come along for an informal chat.

If a question comes to mind after the deadline, please don't worry – questions can be asked at any time, either on the day or by contacting the school.

We look forward to welcoming you!
Naomi Stapley and Laura Womersley



PTA

To celebrate all the success of the school and pupils, we are thrilled to announce our **FREE**

BOUNCY CASTLE FUN DAY

FREE
for Lambourn
pupils and
their siblings
(11 & under)

Friday 10th July from 1.30pm

We have a fantastic selection of inflatables booked that will cater to all age groups, ensuring everyone gets a chance to jump around and burn off some pre-summer energy. This is a FREE for Lambourn pupils and their siblings (11 & under) but you MUST have a ticket to enter and will need to register on the day.

ALL CHILDREN MUST BE ACCOMPANIED BY AN ADULT.

We will be selling refreshments as well as running some other fun activities, so bring some spending money!

On the day, please come and register at the registration table (on the school field) before 2.30pm (at the latest!). If they wish to, children can change in their classrooms at the end of the school day.

Please order your tickets online using the following link or QR code (and confirm you have read and agreed to the disclaimer form on the back of this letter) by **Sunday 5th July**.

<https://lambournschoolpta.charityhive.co.uk/tickets/8/bouncy-castle-fun-day>



**FRIENDS OF
LAMBOURN
SCHOOL**

Terms and conditions

There is no charge but you MUST have a ticket to enter and will need to register on the day.

Disclaimer

1. I understand that participating in the Inflatables is a potentially hazardous activity where children (No adults on the inflatables) will be required to run and jump on inflatables which is a physically demanding activity. I understand there is a risk of injury and even death and that the PTA does not conduct health or fitness checks on entrants.

2. Whilst the PTA takes care to make the event as safe as possible, they cannot remove risks and dangers to participants and observers and accordingly I/my children participate at our own risk.

3. I agree not to allow my children to participate unless they are medically and physically able, and that it is my responsibility to decide whether any child for whom I am responsible, is medically and physically able.

4. I assume all risks associated with using the inflatables, including, but not limited to:

i. slips, falls, contact with other participants,

ii. negligent or wanton acts of other participants,

iii. any defects or condition of premises

iv. the effects of the weather including high heat and humidity and take responsible measures to dress appropriately for the weather, protect from sunburn and dehydration to minimise effects of the sun.

5. I agree that the PTA and Lambourn Primary School are not responsible for any personal items or property that are lost, stolen or damaged at or during the event.

6. I consent to emergency medical care and transportation in order to obtain treatment in the event of injury, as medical professionals may deem appropriate.

7. I understand and agree that pets are not permitted to accompany me in the event.

8. I assume risk of wild animals and insects that may be present on the field.

9. I understand I must declare any medical condition especially those concerning, but not excluding: respiratory conditions, allergies, and heart conditions.

10. I understand during the event I must not smoke or be in possession of any ignitable or ignited substances.

11. I understand that any participants must be age 11 and under and must be a pupil or sibling of a pupil at Lambourn School. I also understand that no one will be able to take part in the event without a valid ticket confirming parental consent.

12. All children must be always supervised by a parent/guardian throughout the event.

13. I understand that it is my responsibility to ensure I do not damage School Property during or following the event.

14. I understand that any photographs being taken at the event by the PTA or School will only be used in line with the school's photography policy.

15. I understand that the PTA reserve the right to cancel the event in the event of extreme weather conditions.

Please let us know if you have any questions by emailing the PTA – lambournschoolpta@outlook.com

We look forward to seeing you there!



<https://lambournschoolpta.charityhive.co.uk/tickets/8/bouncy-castle-fun-day>



**FRIENDS OF
LAMBOURN
SCHOOL**



Attendance

Please keep your child home if they have a fever, or feel too unwell to do normal activities. Specific guidance requires keeping children off for 48 hours after the last episode of diarrhoea or vomiting. Children with a fever should stay home until it breaks, while mild symptoms like a runny nose or slight cough, without a fever, are usually fine for school.



Do I need to keep my child off school?



Chicken Pox Until all spots have crusted over	Conjunctivitis No need to stay off but school or nursery should be informed	Diarrhoea & Vomiting 48 hours from last episode	Glandular Fever No need to stay off but school or nursery should be informed	Hand, foot & mouth No need to stay off but school or nursery should be informed	Impetigo Until lesions are crusted & healed or 48 Hours after commencing antibiotics
Measles or German Measles 4 days from onset of rash	Mumps 5 days from onset of swelling	Scabies Until after first treatment	Scarlet Fever 24 hours after commencing antibiotics	Slapped Cheek No need to stay off but school or nursery should be informed	Whooping Cough 48 Hours after commencing antibiotics
Flu Until recovered	Head Lice No need to stay off but school or nursery should be informed	Threadworms No need to stay off but school or nursery should be informed	Tonsillitis No need to stay off but school or nursery should be informed		



Year 1 & 2 Update

Hello from Year 1/2

We are well and truly on the final stretch of this school year, but we have a lot more to fit in over the next few weeks!

Next Monday it is our COOL session. This is an opportunity for you to come and see your children's work in the classroom and for them to talk to you all about what they have been learning about this year. It will be at 3 o'clock on Monday 22nd June in the Year 1 and 2 classroom.

On Thursday morning at 9 o'clock it is our Key Stage 1 Sports Day on the field. We would love to see as many of you there as possible to cheer on your children in the different events they will be taking part in. The children have been practising hard and are all really looking forward to it.

This week the children have been doing their independent write and this time they have been writing a diary entry. I have been so impressed with the improvement that everyone has shown in their writing this year and their resilience as well. I hope that they are all very proud of their work because they have every reason to be.

I hope you all have a lovely weekend, and we hope that you can join us next week.
Thank you for your continued support,
Miss Townsend, Mrs Lord and Miss Ball



Year 3 Update

Hello from Year 3

Over the last two weeks, Year 3 have been working incredibly hard across all subjects and we are very proud of the effort they have shown.

In English, we have just finished our non-fiction informal information texts about ocean animals. I was really impressed with the rhetorical questions, jokes and fascinating facts the children included in their writing, which were all very thoughtfully chosen. We have started this week by learning about David Attenborough and exploring his life and achievements, ready to begin writing biographies about him.

In Maths, we have been focusing on capacity, comparing and measuring different amounts. The children have developed their understanding of litres and millilitres and have enjoyed solving practical problems involving capacity. We will soon be moving on to properties of shape, where we will be learning about different 2D and 3D shapes and exploring angles.

Some of the children had the wonderful opportunity to work on art pieces for the church, helping to support their efforts to raise money. They showed great creativity and enthusiasm, and we were very proud of the care they took with their work. The other children attended the choir and sang in Reading. I heard they represented the school brilliantly and should be very proud of their confidence and effort.

Year 3 swim every Monday and Wednesday, so please ensure your child comes to school with their swimming kit and towel on these days.

Finally, a reminder about the importance of completing homework each week. Homework helps to reinforce learning that takes place in class and supports your child's progress. Children who do not complete their homework are required to spend part of their lunchtime completing it with me instead, so we would really appreciate your support in ensuring homework is handed in on time.

Thank you for your continued support.

Miss Ross



Year 4 Update

Hello from Year 4

Year 4 always enjoy their trip to the school library and it is great to hear them share their book reviews with the class. Each child is beginning to show distinct preferences in the type of book they choose. They also completed their MTC times tables review, which every Year 4 pupil must complete for the government, last week. We are immensely proud of the effort they all put in to learning and practising their tables and showing grit during the test. Well done, Year 4!

Thank you as always for your support!

Mr Wootten and Mrs Smith



Year 5 Update

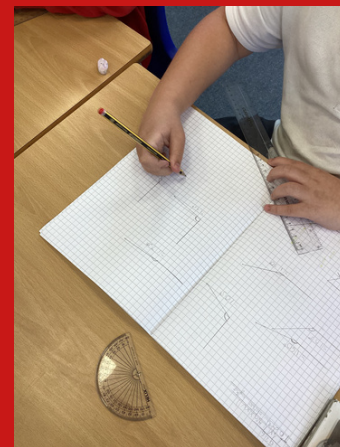
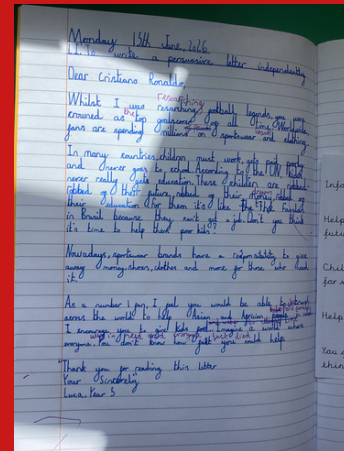
Hello from Year 5

We have had a brilliant two weeks in Year 5 and the children have impressed me immensely.

In Maths, we have been measuring and drawing angles using protractors: a challenging skill to learn for the first time. In English, the children have written some fantastic letters to their favourite footballers, persuading them to invest in Fairtrade footballs.

Last week, we went to Rooksnest farm in Lambourn which supported us with our learning on global trade in Geography. The children had fun pond dipping, riding in a tractor trailer, feeding the alpacas and crushing wheat to make flour. We learned so much about how food is produced in the UK and why international trade is so important.

Thank you for your continued support at home.
Miss Linsley



Community News

STARTS WEDS 24th JUNE



FREE Girls Rugby SUMMER TRAINING

WELCOMING, QUALIFIED COACHES **FIERCELY SUPPORTIVE TEAM-MATES**

BEACH RUGBY SOCIAL **MAKE NEW FRIENDS**

ALL SHAPES, SIZES & ABILITIES VALUED

BE PART OF SOMETHING SPECIAL WITH A SUMMER OF RUGBY FUN

Each Wednesday evening from June 24th
Any Girl yr 5 to 12 welcome
19:00 - 20:30

☎ Claire **07377 943822**
✉ girls.rugby@hungerfordrfc.com

We are WARRIORS.

WORK RESPECT ENJOYMENT DISCIPLINE SPORTSPERSONS

STARTS WEDS 24th JUNE



FREE Boys Rugby SUMMER TRAINING

WELCOMING, QUALIFIED COACHES **LOYAL, SUPPORTIVE TEAMS**

ALL SHAPES, SIZES & ABILITIES VALUED **FITNESS & RUGBY SUMMER SESSIONS**

MAKE NEW MATES

BE PART OF SOMETHING SPECIAL WITH A SUMMER OF RUGBY FUN

Each Wednesday evening from June 24th
Any Boy yr 7 to 12 welcome
19:00 - 20:30

☎ Lou **07917 058523**
✉ junior.membership@hungerfordrfc.com

CONTACT DETAILS

WORK RESPECT ENJOYMENT DISCIPLINE SPORTSPERSONS

LAMBOURN CARNIVAL

THE LAMBOURN CARNIVAL & FESTIVAL

Sunday 30th August 2026

The countdown is on for another fantastic Lambourn Carnival, and we'd love to see the whole village get involved!

Whether you're entering a scarecrow, creating a chalk masterpiece, growing giant sunflowers, decorating your hanging baskets, joining the parade, or simply coming along to enjoy the day, **there's something for everyone.**

- SCARECROW TRAIL: Fairy Tales & Fables Theme
- SUNFLOWER COMPETITION
- HANGING BASKET COMPETITION
- CHALK DRAWING COMPETITION
- CARNIVAL PROCESSION & FAMILY FUN

KEY DATES

- 10th - 23rd August: SCARECROW DISPLAY Around the Village
- Saturday 29th August: CHALK DRAWING COMPETITION Judging in the afternoon
- Sunday 30th August: CARNIVAL DAY Results announced from 4pm Parade leaves Sports Club at 5pm

Everyone welcome!

Enter, support, volunteer or simply **come along and enjoy a great community day!**

♥ VOLUNTEERS ARE ALWAYS APPRECIATED - IF YOU CAN SPARE A LITTLE TIME, WE'D LOVE TO HEAR FROM YOU. ♥

For entry forms, more information or to get involved, please contact **Julie: 07840 780345**

I am asking for your support in ensuring children and young people from your school take part here: <http://www.childrenscommissioner.gov.uk/thebigfuture>.

It is crucial that I hear from children in every school and college, in every community, across the country. Without hearing from your students, their experiences, views and aspirations risk being missing from the national picture that will help shape future policy.

At a time of significant change for children and young people, it is more important than ever that their views are reflected in policy making. Through this survey, I can take the voices of your students directly to the centre of government.

I am asking you to share the survey directly with pupils through your school or college email systems, as well as with parents and carers across your wider school community.

I know that many schools have successfully encouraged participation by completing the survey during form time, tutor periods or assemblies. To make this as easy as possible, I have created a slide pack which can be found [here](#).

I am also inviting schools and colleges to identify student champions who can help promote the survey among their peers. Student champions who generate particularly high levels of participation will receive a formal thank you from my office, recognising their contribution to amplifying young people's voices. This can also be used in personal statements, CVs and future applications.

Schools and colleges with the highest response levels will be invited to attend my final Festival of Childhood, celebrating the voices and contributions of children and young people from across England.

To support you, I have created a pack of resources, including an introductory video, lesson materials and FAQs, all available on [my website](#).

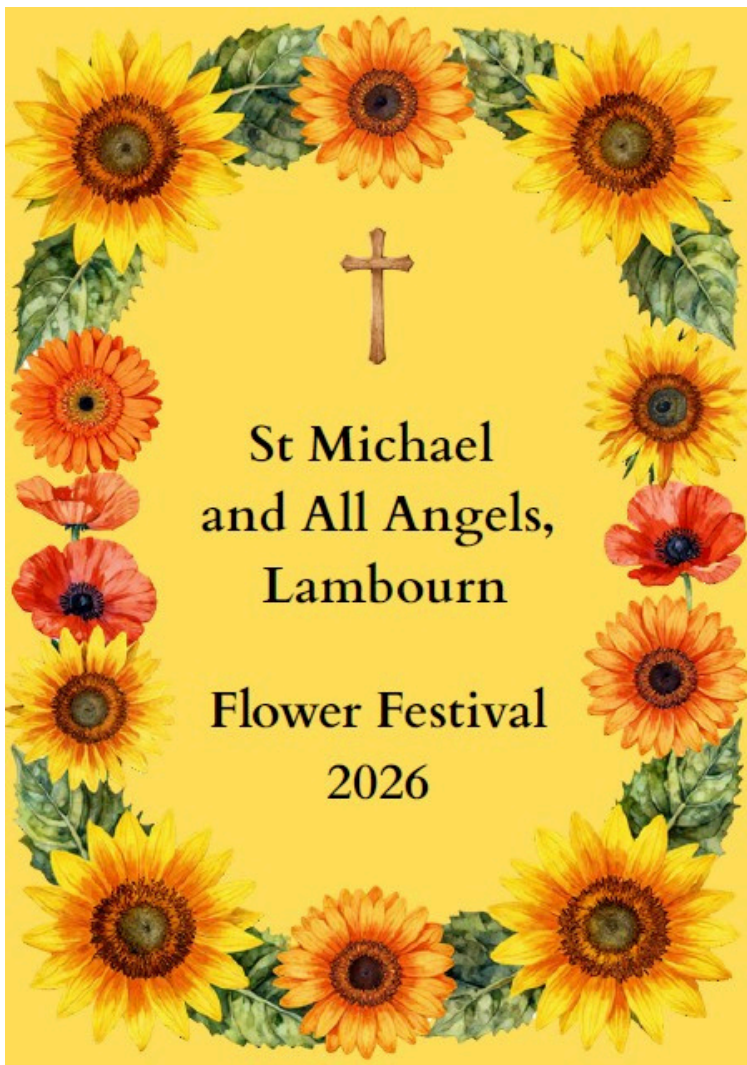
As ever, thank you so much for your support.

Dame Rachel de Souza

Children's Commissioner for England



Community News



Friday, 17th July
Cheese and wine from 7-9pm

Saturday, 18th July
View the flowers from 10am-4pm
(teas and coffees available)

Sunday, 19th July
View the flowers from 1pm-4pm
(cream teas available from 2pm)

All funds raised will go to the
'Restore our Roof' fund.

HELPING TO KEEP EVERYONE SAFE IN THE WATER



LEARN TO SWIM WITH AWARD-WINNING LESSONS FROM THE UK'S LEADING PROVIDER

We all love to swim! Not only does being able to swim allow you to enjoy your time a little bit more on holiday, but the most important reason is that swimming is the only sport which can save you or your child's life.

Why learn to swim with us?

- All Lessons are lifeguarded
- Free public swimming all year round
- Learn from four months old
- Adult lessons available
- Available up to seven days a week
- All teachers are Swim England or equivalent qualified
- Pay monthly by Direct Debit
- Follow your child's progress on our interactive Sport Passport

DROWNING IS STILL ONE OF THE MOST COMMON CAUSES OF ACCIDENTAL DEATH IN CHILDREN, SO BEING ABLE TO SWIM IS AN ESSENTIAL LIFE-SAVING SKILL.



EVERYONE WANTS TO BE SAFE THIS SUMMER...

...RESPECT THE WATERS

If you got into trouble in the water, would you know what to do?
What about if it was someone you care about in danger?
Find out how to keep you and your loved ones safe with advice from the RLSS and Everyone Active.

STAYING SAFE AT THE BEACH

- **RED AND YELLOW FLAGS** will show the safe places to swim, body board and use inflatables on the beach. You will often see a lifeguard positioned between the red and yellow flags.
- **RED FLAG** is the sign for danger and means **NO SWIMMING**. Never go in the water when the red flag is flying, under any circumstances. Possible reasons may be fog, large waves or pollution.
- **BLACK/WHITE FLAG** for hard surf craft including surfboards, kayaks, canoes and other craft without engines. Never swim or body board in this area.
- **ORANGE WINDSOCKS** indicate offshore winds blowing out to sea or strong wind conditions - never use an inflatable when the sock is flying.

For details of your nearest centre, visit www.everyoneactive.com

everyone ACTIVE | ROYAL LIFE SAVING SOCIETY UK | Swim England | everyone ACTIVE

