

B:Club Summer School Returns!

Hi Everyone!

This Summer we have lots of **FREE** fun activities for you to come along and join in with at the Four Seasons Shopping Centre. From growing your own vegetables to making fruity sculptures there's going to be loads for you to get involved with!



Fun in the Sun!

Tues 3rd August, 11am – 3pm

Join the B:Club and decorate your very own Sun Hat to take home and wear! Plus, FREE sun cream samples from Boots*.

*while stocks last.

Cycle Safe!

Tues 10th August, 11am – 3pm

Learn how to cycle safely and discover how to keep you bike in perfect working! Located at the Westgate Entrance.

Green Fingers!

Tues 17th August, 11am – 3pm

Plant your very own vegetable seeds, then take them home and watch them grow! Plus, decorate your very own plant pot for your seeds to grow in!

Fruity Sculptures!

Tues 24th August, 11am – 3pm

Create your very own work of fruity art! Plus, tickle your taste buds with our free fruity tasters. Don't forget that you should try your best to eat five different fruit and vegetables every day!

Mini Beasts!

Tues 31st August, 11am – 3pm

Make your very own minibeast home out of straws and plastic bottles. Then camouflage it and take it home to put in the garden to attract all the insects in need of a somewhere to live!

If you are already a member of the B:Club make sure you bring your membership card with you as you will receive a **FREE gift** once you have joined in with 5 of my activities. If you are not a member yet don't worry! Simply come along and register on the day.

Hope to see you all there! *Buzz.....*

WIN!

A school uniform

A full School uniform and accessory will be up for grabs at each event, courtesy of Debenhams. Simply come along and join in to be in with a chance of winning!



DEBENHAMS DESIGN
in every department

Debenhams have an extensive choice of school clothing for all ages. Parents, you can get stocked up on everything from basic polo shirts to blazers and coats! With bargain deals starting at £6.50 for a full uniform set. See our website for more details.



Don't forget that you need to B:Safe in the sun during the Summer holidays. Follow these 5 easy to remember steps to stay SunSmart:

S

Spend time in the shade between 11am and 3pm

M

Make sure you never burn

A

Aim to cover up with a t-shirt, hat and sunglasses

R

Remember to take extra care with children

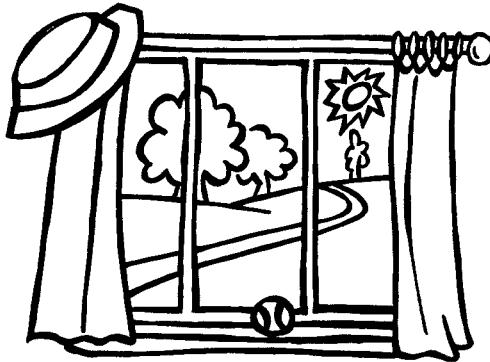
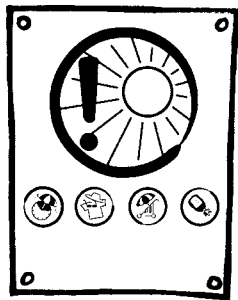
T

Then use factor 15+ sunscreen

Rearrange the letters...

It is a hot sunny day and you are off to the seaside. You will need to take at least 5 things to help protect you from burning in the sun.

Rearrange the letters to find out what you need, then colour in what you are going to pack.



SunSmart
CANCER RESEARCH UK

- sguaslsens
- tha
- ete srith
- resscuenn
- nus hседа

Are you a SunSmart sleuth?

Can you find the 12 words hidden below?

sunglasses

sunscreen

t-shirt

safe

hat

picnic

trees

shade

park

cool

sun

protect

T	S	H	I	R	T	C	B	S	A
R	B	X	M	E	S	R	E	U	C
E	A	S	U	N	H	G	I	N	O
E	H	O	D	P	A	R	K	S	O
S	X	H	A	T	D	E	D	C	L
L	A	S	A	F	E	L	B	R	X
S	U	N	G	L	A	S	S	E	S
P	R	O	T	E	C	T	T	E	O
P	I	C	N	I	C	R	N	N	T