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Dear Parent/Guardian

### Use of Sunscreen in School

The school is concerned about protecting pupils from sunburn and from skin damage that can be caused by the harmful ultra-violet rays in the sunlight. Almost all skin cancers and sunburn is caused by the sun in this country, and it is possible to prevent this happening. The school believes that by encouraging sun safe behaviour at school and teaching children about the risks of sunlight, we can prevent them burning and contribute towards preventing skin cancer.

The school would like your help and support in this matter. We will be encouraging children to avoid sunburn and overexposure to the sun by:

- Seeking the shade, particularly during the middle of the day
- Wearing suitable hats
- Wearing clothing that protects the skin, particularly for outdoor activities and school trips
- Using a high factor sunscreen

You can help by encouraging your child to bring, and wear a hat at school, particularly on sports days and school excursions. Also by encouraging them to wear long sleeved shirts and longer shorts when outdoors.

Sunscreens provide added protection and may be useful when other measures are not available. Dermatologists recommend that a sunscreen with a sun protection factor (SPF) of 30 or above will provide children in this country with adequate protection. The school requests that parents or carers provide sunscreen for this purpose.

### Sunscreen applied before school provides insufficient protection for a whole day.

Most children will be able, with some direction, to apply sunscreens themselves. However, young children or those with special educational needs may require some help. Staff will assist children on a voluntary basis.

I would ask that you complete the attached form so that the school has a record of your support for the sun safety procedures in school and your wishes with regard to sunscreen use by your child/ren.

### Sunscreen cannot be applied without parental permission.

Yours sincerely

Susie Arnold

Headteacher

