



Why is sun safety important?

Did you know that?

- One blistering sunburn in childhood more than doubles a person's chance of developing melanoma later in life
- Skin cancer is the UK's most common and fastest rising cancer and is now one of the biggest cancer killers in 15-34 year olds.
- 80% of all skin cancers are caused by over-exposure to UVR from the sun and/or sunbeds making it skin cancer largely **PREVENTABLE**.

Did you know? If your shadow is shorter than you, you could burn!

You can help your child by following the simple slip slap slop rules below:

- **Slip** on a t-shirt
- **Slop** on sunscreen
- **Slap** on a hat
- **Shade**, especially between 11 and 3
- **Slide** on shades

TOP TIPS

Cover your child up in loose cotton clothes where possible.

Sunscreen: Cover exposed parts of your child's skin with sunscreen even on cloudy or overcast days. Don't rub it in, smooth or pat it on.

Remember your child needs to wear sun protection at school. Make sure you put lots on them before they go and send extra sunscreen into school in a labelled bottle for them to reapply throughout the day.

You don't have to buy expensive brands, cheap ones are fine as long as they are at least factor 15 and UVA 4 star rated.

Check the expiry date on your sunscreen – most only last a year or 2. Make sure you store it in a cool place or the protective chemicals can be ruined.

Always remember vulnerable areas like ears, back of hands, neck and feet. **Use sunscreen together with shade and clothing** to avoid getting caught out by sunburn.

Hats: Wide brimmed or legionnaire styles offer the most protection

Shade Especially between 11 and 3 and when your shadow is shorter than you.

You can find or create shade in many different ways. For example:

- Trees and foliage
- Umbrellas and parasols
- Canopies and awnings
- Going indoors
- Tents and shelters
- Wide-brimmed hats

Sunglasses: When choosing sunglasses look for one of the following:

- 'CE Mark' and British Standard (BS EN 1836:1997)
- UV 400 label
- 100% UV protection written on the label or sticker

Also, make sure that the glasses offer protection at the side of the eye, for example, choose wraparound styles. Toy sunglasses can do more harm than good.



The Heatwave Plan for England 2015 recommended that when the temperature is 30°C+, children should not take part in vigorous physical activity. Children should also stay hydrated in the sun, water is best.

5th June 2017

Dear Parent/Carer

As we are heading into the final half of the summer term, and might expect to see some sunny hot weather can you please take a few minutes to read the information overleaf.

Make sure that you apply sunscreen in the morning and send your child to school with a hat (name inside please). A reminder about foot wear, please ensure that your child is wearing foot wear that is suitable for school, not flip flops, strappy sandals and please put socks on, having bare toes trodden on really hurts.

Thank you.

Mrs. Bayes