www.ellwoodschool.co.uk

November 2015

Dear Parent/Carer

RE: SUN CARE

Now the summer term has started, I want to ensure with your support we can all enjoy the sun safely over the coming months.

The sun's rays are particularly strong over the summer and they can damage children's skin. This may not seem like a problem right now, but sadly it can lead to **skin cancer** in later life. Your child's health and well-being are very important to us, which is why we:

- encourage pupils to wear hats when outside
- encourage pupils to use at least factor 15+ sunscreen in summer months
- encourage pupils to use the shade provided in the playground

We will talk to the children about sun protection and would ask you to help by:

- talking to your child about the importance of sun protection at home
- sending your child to school with a wide brimmed hat
- putting factor 15+ sunscreen on your child in the morning during summer months
- if you're child requires a top up of sunscreen at lunchtime, please sign the permission slip and send the sun screen into school for **them to apply to themselves**

Why is sun protection important for children and young people?

Skin cancer is one of the most common cancers in the UK and the number of cases is rising at an alarming rate. The good news is that the majority of these cases could be prevented. Most skin cancers are caused by ultraviolet (UV) radiation from the sun. If we protect ourselves from the sun then we can reduce our risk. This is particularly important for children and young people whose skin is more delicate and easily damaged.

Studies have found that sunburn during childhood can increase the risk of skin cancer later in life. You may not see the damage immediately because skin cancer can take years to develop, but children who are over-exposed to the sun now are storing up problems for the future.

If you have any suggestions/ideas as to how we can develop a sunsmart policy, please write them down on the slip below and return to the school.

Together I hope we can have a very happy and safe term to come!

Many thanks

Donna Milford
Headteacher

ELLWOOD COMMUNITY PRIMARY SCHOOL
SUN CARE REPLY SLIP 2015

I give permission for my child _____ in class _____ to apply sunscreen to themselves at lunchtime.

Signed .....parent/carer Date .....

If you have any suggestion/ideas for our sunsmart policy, please write them below.

Thank you.