



Beetham C of E (aided) Primary School, Beetham, Milnthorpe, Cumbria. LA7 7AS
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Headteacher: Ms W. E. Nicholas

14th May 2019

Dear Parent/Carers,

Now the summer term has started, I wanted to ask for your help in keeping children safe in the sun over the coming months.

The sun's rays are particularly strong over the summer and they can damage children's skin. Your child's health and well-being are very important to us and we will be spending time at school teaching the children about sun protection. We aim to ensure that we:

- Encourage the children to use the shaded areas of the playground, garden and field when the sun is hot
- Encourage the children to wear hats/sunglasses when outside
- Teach the children the importance of wearing sunscreen

Guidance for the use of Sunscreen at school:

- Sunscreen use will be encouraged on days when the sun is strong during summer at lunch breaks, during PE lessons and on school trips. Parents are encouraged to apply cream before the start of school. There are products on the market which only need to be applied once per day.
- Normally, pupils will be encouraged to apply their own cream (preferably a 'roll on' style) under the supervision of an adult.
- Adults may help children apply cream to face, neck and arms. Children should apply cream to their own legs. Adults may only apply cream where another adult is present.
- Staff will apply sun cream to pupils who cannot manage to apply it themselves appropriately – Nursery/Reception

The following 5-point reminder may also be useful:

- **SLIP** on clothing to cover your arms and legs
- **SLOP** on sunscreen with factor 15+ (30+ is considered best practice)
- **SLAP** on a hat
- **SEEK** shade or create your own shade
- **SLIDE** on some UV protective sunglasses

We would appreciate your help in making sure your child has a named sun hat in school, brings some named sunscreen with them (preferably a roll on) and has sunscreen applied before the start of the school day.

If you have any questions about the information in this letter, please do ask.

Best wishes

Wendy Nicholas

Headteacher

