

Sun Safety at School

As the health and wellbeing of our school community is of great importance we are once again asking that you complete the attached Sun Safety at School form and return it to school as soon as possible. Skin cancer is the most common form of cancer in the country. As sunburn and almost all skin cancer is caused by the sun, 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 (SPF 15+)

As a school we will:

- Minimize the risks by limiting the amount of time that pupils are required to spend exposed to the sun.
- Consider the timing of events; the sun's harmful rays are most intense between midday and early afternoon.
- When it is very hot, keep children out of the sun altogether.
- Make use of all available shade provided by buildings, trees etc.

Some children are at greater risk of sunburn than others. Fair skinned, freckled children who burn easily are most at risk from overexposure to the sun and need to take great care when out in the sun. Brown skinned children have a much lower risk of sunburn but still need to take care and protect themselves in stronger sunlight. Black skinned children hardly ever burn and have a very low risk of skin cancer. Those with brown or black skin do not normally need to use sunscreen in the UK but should avoid overexposure to the sun to prevent dehydration and overheating. Teachers and support staff on outdoor duties or in charge of school outings will remind those most at risk of burning to cover up in the sun and use 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 your child to wear longer sleeved shirts and longer shorts when outdoors. The school will remind parents of the sun safety policy from time to time, particularly around the start of the summer term, sports days, and outings.

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 15 or about will provide children in this country with adequate protection. This school encourages parents to provide sunscreen for this purpose. The rules/procedures for the use of sunscreens at school are attached. I would ask that you complete the attached form so that the school has a record of your support for the sun safety policy and your wishes with regard to sunscreen use by your children. Please note that the school does not permit the use of aerosol sprays.

Children can dehydrate very quickly when exposed to the sun's rays and as such we have water available in every classroom.

PLEASE NOTE, WE WILL ONLY BE ASKING FOR YOUR PERMISSION ONCE DURING YOUR CHILD'S STAY AT ALL SAINTS'. IF FOR ANY REASON CIRCUMSTANCES CHANGE AND YOU NEED TO AMEND THIS CONSENT THEN PLEASE NOTIFY THE SCHOOL OFFICE AS SOON AS POSSIBLE.

Parental Consent Form for the Application/Use of Sunscreens

The school wishes to encourage pupils to protect themselves from the sun. One way of doing this is to use sunscreen at the appropriate time. You are asked to sign this form to show that you have received the letter about the school's approach to sun safety and support the school's policy.

Not all children are at equal risk of sunburn. If your child is at risk and you wish him/her to use a sunscreen at school, please indicate this below. You **are asked to provide a labeled sunscreen.**

The school policy states that whenever possible teachers will supervise the application of sunscreen. Sometimes it may be necessary for teachers or support staff to help children apply the sunscreen. Please indicate below whether you are happy for approved teaching, support staff, and parent/adult helpers to do this.

PUPIL DETAILS		
Surname:		Forename:
Address:		
Sex:	DOB:	Class/Form:
Please Tick		
I have read and support the school's sun safety policy		
I will provide my children with a non-aerosol sunscreen produce for use at school and on school outings in accordance with the school's procedures.		
If my child needs assistance with the application of sunscreen I give permission for a member of staff to help with the application.		

Signed: _____ Parent/Carer Date: _____

