



AISKEW, LEEMING BAR

CHURCH OF ENGLAND PRIMARY SCHOOL

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Dear Parent/Carer

Sun Safety at School

We have recently reviewed our sun safety policy and we would like to provide this for you to read. Both the policy and this accompanying letter comply with the guidance we receive from North Yorkshire's Health and Safety team.

The school wishes to protect staff and pupils from sunburn and the skin damage that can be caused by the harmful ultra-violet rays in sunlight. Skin cancer is the most common form of cancer in the country. As sunburn and almost all skin cancers are caused by the sun, it is possible to prevent this happening. We believe 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.

We would appreciate your help and support in this matter. We encourage 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+).**

Staff are encouraged to set an example. 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.

We would appreciate your support by encouraging your child to bring, and wear at school a hat with a brim to protect the back of the neck, particularly on sports days and school excursions. Also by encouraging your child to wear longer sleeved shirts and longer shorts when outdoors. We 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 above will provide children in this country with adequate protection.

This school encourages parents to provide sunscreen for this purpose. We would like to encourage students to protect themselves from the sun. One way of doing this is to use sunscreen at the appropriate time. If a pupil is to use sunscreen at school, parents are asked to:

1. Provide the sunscreen product for school use.
The sunscreen must be:
 - a. Clearly marked with the child's name.
 - b. Replenished by the parent as needed.
2. The child must be able to apply his or her own sunscreen
3. The sun-cream will be kept in a designated area of the classroom

If it is considered necessary for teachers/staff to assist with the application of sunscreen, the sunscreen will only be applied to face, neck, arms, hands and lower legs. Parents are asked to provide written instruction to teachers for their child's individual needs.

Please could we 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 child/ren. Please note that the school does not permit the use of aerosol sprays.

Yours sincerely

S. Simper