



Stay safe in the sun

Now summer has finally arrived it's time for our children to have fun in the sun! To keep our pupils safe we would like them all to bring in their own sun cream labelled with their name and class to avoid allergies please. The staff will encourage our children to apply the cream themselves. We also ask that your child wears a sun hat and has plenty of water to keep hydrated.

Here are the Government guidelines to keep your child safe in the sun

- Cover exposed parts of your child's skin with sunscreen, even on cloudy or overcast days. Use one that has a sun protection factor (SPF) of 15 or above and is effective against UVA and UVB. Don't forget to apply it to their shoulders, nose, ears, cheeks, and the tops of their feet. Reapply often throughout the day.
- Be especially careful to protect your child's shoulders and the back of their neck when they're playing, as these are the most common areas for sunburn.
- Get your child to wear a floppy hat with a wide brim that shades their face and neck.
- Protect your child's eyes with sunglasses that meet the British Standard (BS EN 1836:2005) and carry the CE mark - check the label.

