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Monday 1st July 2024

Dear Parent/Guardian,

As we approach the warmer part of the summer term, I wanted to write and tell you about some of the things you can do to ensure your child is safe in the sun. Whilst we recognise that some sun is good for us, sun safety is an important health and safety issue.

Children spend almost half their childhood at school, with a great deal of time spent outdoors. During the warmer months of the year children are exposed to Ultraviolet Radiation (UVR) from the sun, the majority of which is when penetration is strongest (between 11am and 3pm). Without adequate protection, a child's skin can easily burn. As a school we have shaded and indoor areas for students to stay under during hot days so that they can get away from the sun.

Please support us by:

- Providing your child with a reusable water bottle, which can be filled at home before arriving to school. They can also fill their water bottle up at break and lunchtime from the fountains around the school. Students should not use lesson time to refill water bottles.

- Applying sun cream before school. Students can reapply this themselves at break and lunch if they wish. Sunscreen should be applied that is factor 30+, to all exposed parts of the body not forgetting ears, shoulders, necks, and noses. If students wish to do this, they should bring in sunscreen as the school does not provide this.

Water is the best drink for your child so please encourage them to drink this, rather than high sugar drinks. You will have seen from my previous letter, that energy drinks are very dangerous for children under the age of 16 and we do not allow students to drink them.

Thank you again for your cooperation,

Mr A Balu

Deputy Headteacher