

Hawthorn Community Primary School

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8th May 2018

Dear Parents/Carers,

RE: SUN SAFETY AT SCHOOL

I hope that you all had a good bank holiday weekend. I do not wish to put a jinx on the good weather, but felt that it was pertinent at this time to remind you of the importance of staying safe when out in the sun, and what we will be doing as a school to try to ensure that the children are safe during the hot, sunny weather.

As the health and well-being of our school community is of great importance we are working towards protecting our pupils and staff from sunburn and from skin damage that can be caused by the harmful ultra-violet rays in sunlight. The sun's rays are particularly strong over the summer and they can damage children's skin, leading to serious medical conditions in later life.

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 when outside;
- wearing clothing that protects the skin, particularly for outdoor activities and school trips;
- using a high factor sunscreen (SPF 15+);
- Drinking plenty of water to keep hydrated.

Staff will be encouraged to set an example. The school is reviewing the amount of shade available and considering what can be done about clothing and hats. Your views are welcomed.

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.

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.

As a school we are unable to provide sunscreen for every child; however we encourage parents and carers to provide sunscreen for their child to reapply before they go out to play at lunchtime. Teachers will ensure that the children have the opportunity to reapply sunscreen before they go outside and will supervise them whilst they are applying the product. Please note that the school does not permit the use of aerosol sprays and children must not share their sunscreen with other children, as they may have an allergic reaction to the product.

On days when it is particularly hot and sunny, the children will be encouraged to play quietly in shady areas rather than playing boisterous games in direct sunlight. In exceptional circumstances, there may be occasions where we will limit the amount of time that the children spend outside to ensure that they do not run the risk of either heat stroke or sunburn.

Our aim is to ensure that your children can enjoy being outdoors safely.

Thank you for your help,

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Julie Clubley', written in a cursive style.

Julie Clubley, Headteacher