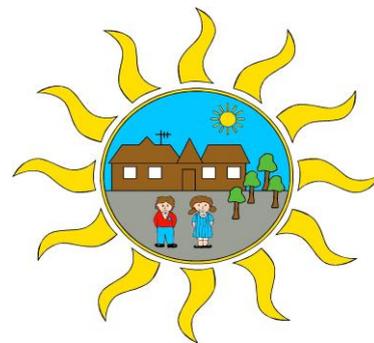


# STEDHAM PRIMARY SCHOOL

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Headteacher  
Mrs Sally Dreckmann

Friday 24<sup>th</sup> May 2019

Dear Parents and Carers,

Now the summer has started, I wanted to write and tell you about our sun protection policy. We have developed this with the help of parents, teachers and pupils to ensure that we can all enjoy the sun safely over the coming months.

The sun's rays are particularly strong over the summer and they can damage children's skin. This may not seem like a problem right now, but it can lead to skin cancer in later life. Your child's health and well-being are very important to us, which is why we have decided to:

- Increase the amount of school time spent learning about sun protection.
- Provide more shade in the playground.
- Encourage pupils to wear hats and t-shirts when outside.
- Encourage pupils to use at least SPF 15 sunscreen in summer months.

More details of these and other sun protection plans can be found in our sun protection policy which I am attaching to this letter. I have also included an information sheet which will explain how to keep your child safe from the sun at home.

Your support is very important if our new policies are going to work. You can help by:

- Talking to your child about the importance of sun protection at home.
- Sending your child to school with a wide-brimmed hat (not a baseball cap which offers little protection).

Together I hope we can have a very happy and safe rest of the summer term!

With regards

A handwritten signature in black ink that reads "Sally Dreckmann".

Sally Dreckmann  
Headteacher



A University of Chichester  
ITT Partner School

## Questions and Answers

### Why is sun protection important for children and young people?

The number of cases of malignant melanoma, the most serious form of skin cancer is rising at an alarming rate. The good news is that the majority of these cases could be prevented. Most skin cancers are caused by too much ultraviolet (UV) radiation from the sun. If we protect ourselves from overexposure to the sun then we can reduce our risk. This is particularly important for children and young people whose skin is more delicate and easily damaged.

There are simple steps you can take to enjoy the sun safely – cover up with clothing and a hat, spend time in the shade and apply at least SPF 15 sunscreen generously and regularly.

### What about vitamin D?

We all need some sun to make enough vitamin D. Enjoying the sun safely, while taking care not to burn, should help most people get a good balance without raising the risk of skin cancer. For more information on vitamin D, visit the SunSmart website: [www.sunsmart.org.uk](http://www.sunsmart.org.uk)

### Why have a sun protection policy?

Schools have a responsibility to ensure that pupils are protected from overexposure to UV rays from the sun, and the National Institute for Clinical Excellence (NICE) guidelines for skin cancer prevention (2011) recommend that schools “develop, implement and monitor a specially tailored policy to ensure people are protected as much as possible”. This is particularly important when engaging in school based activities such as sports days, outdoor PE lessons, outdoor excursions and water sports, where the potential for sunburn is higher. Although fair-skinned people have a higher risk of sun damage, sun protection is relevant to everyone.

Developing a sun protection policy is also an important step towards encouraging good health in line with national healthy schools programmes.

