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Headteacher: Mrs Sharon Irwin

25<sup>th</sup> May 2017

Dear Parents / Carers

### Sun safety and the use of sunscreen in school

As we move into the summer months, the school is concerned about protecting pupils from sunburn that can be caused by the harmful ultra-violet rays in the sunlight. The school believes that by encouraging sun safe behaviour at school and teaching children about the risks of sunlight we can prevent them from burning and extreme skin damage.

We would very much like your help and support in this matter please. 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
- wearing clothing that protects the skin, particularly for outdoor activities and school trips
- using a high factor sunscreen (SPF 30+)
- drinking water regularly

You can please help by encouraging your child to bring and wear a hat at school, by encouraging them to wear appropriate clothing when outdoors and to bring a water bottle.

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 30 or above will provide children in this country with adequate protection. Recommendations state that when you currently buy sunscreen containing UVA protection in the UK you may notice a UVA star rating on the packaging. The stars range from 0 to 5 and indicate the percentage of UVA radiation absorbed by the sunscreen in comparison to UVB, in other words the ratio between the level of protection afforded by the UVA protection and the UVB protection. Please be aware that if you choose a low SPF, it may still have a high level of stars, not because it is providing lots of UVA protection, but because the ratio between the UVA and UVB protection is about the same. That's why it's important to choose a high SPF as well as a high UVA protection (e.g. a high number of stars). Sunscreens that offer both UVA and UVB protection are sometimes called 'broad spectrum'. A sunscreen with an SPF of 30+

and a UVA rating of 4 or 5 stars is generally considered as a good standard of sun protection, in addition to shade and clothing.

The school requests that parents or carers provide sunscreen for this purpose, in a bottle clearly marked with the pupil's name. Sunscreen applied before school provides insufficient protection for a whole day.

Most children will be able, with some direction, to apply sunscreens themselves. However, some children may require help. Staff will assist children on a voluntary basis.

I would ask that you complete the attached form and return to school (either by paper or email) by **Friday 9<sup>th</sup> June**, so that we have a record of your support for the sun safety procedures in school and your wishes with regard to sunscreen use by your child/ren.

Many thanks for your support with this.  
Yours sincerely

Mrs Sharon Irwin

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**PUPIL DETAILS**

Surname: \_\_\_\_\_

Forename (s): \_\_\_\_\_

Class: \_\_\_\_\_

Please tick:

I have read and support the school's sun safety procedures.

I will provide my child/children with a **non-aerosol** sunscreen product for use at school and on off-site school visits, in accordance with school procedures. I will ensure that my child knows that for medical reasons (in case of allergic reactions) they are only to use the sunscreen product provided for their own use and not share.

I give my permission for approved teachers and support staff to apply sunscreen to my child/children when this is considered necessary.

Signature of Parent/Carer..... Date.....

