



18<sup>th</sup> May 2016

**Broadstone Hall Primary School**  
**Tips For Keeping Children Safe In The Sun**

Dear Parents/Carers,

In periods of hot weather it is very important that the children come prepared to stay outside during lunch time to enjoy the sunshine.

After seeking advice from the local authority, we recommend that during such time, pupils come to school with the following:

- a bottle of still or sparkling unflavoured water,
- a hat
- a pre-applied layer of factor minimum 15+ sun block.

Ideally this should be before they come into school with creams that can last a full day.

Children are not allowed to have aerosol dispensers in school and any sun cream must be carefully bagged and pupils must be able to apply this themselves, as staff are not allowed to do so.

Please see overleaf the Stockport NHS Tips for keeping children safe in the sun.

Simon Langley  
**Headteacher**

# Tips for keeping children safe in the sun

All children, no matter whether they tan easily or not, should be protected from the sun

Keep babies under six months out of direct sunlight, especially between 11.00 a.m. and 3.00 p.m. when the sun is at its strongest

## Ten tips for protecting children in the sun

- \* **Use shade**  
Keep babies in complete shade, e.g. under trees, umbrellas or indoors.
- \* **Cover them up**  
Children should wear cotton clothing that is baggy, close-weave, cool and covers the neck and shoulders.
- \* **Use dry clothing**  
Wet clothing stretches and can lose up to half of its UV protection.
- \* **Drinks**  
During hot weather babies and young children will get very thirsty, so give them extra fluids.
- \* **Find hats they like**  
Encourage children to wear hats with brims, especially if they are not wearing sunglasses.
- \* **Wear sunglasses**  
Buy sunglasses that have a CE and British Standard mark. The wraparound type is recommended for children as soon as they can wear them. They don't have to be expensive but toy sunglasses can do more harm than good.
- \* **Use sunscreen wisely**  
Apply factor 15+ sunscreen 15-30 minutes before children go outdoors. Then reapply generously once outside to be sure of good coverage about every 2 hours.
- \* **Remember sunscreen washes off**  
Always use waterproof sunscreen (factor 15+) when children are swimming or playing outdoors with water. Reapply after towelling.
- \* **Don't forget school times**  
Remember play times and lunch breaks on summer school days too. Give children a hat to wear and, if they can't apply sunscreen at school, cover their exposed skin with factor 15+ before they go.
- \* **Cars**  
Cars heat up like ovens in hot weather, so babies and young children should NEVER be left unattended in cars when they are parked.  
(Sunsmart 2005)

### Ultra violet rays (UV)

The UV index, developed by the World Health Organisation, measures ultra violet rays and is a more accurate indication of the potential for sunburn than the temperatures forecast each day.

### Useful websites

[www.sunsmart.org.uk](http://www.sunsmart.org.uk)

[www.who.int/en](http://www.who.int/en)