



Ryecroft C.E. (C) Middle School

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Dear Parents

As we approach the summer months we wanted to write and share information and advice about helping children to take care in the sun.

By working together we will be able to ensure we keep all our pupils safe from the potential harmful effects of sun exposure.

Below are 7 things you need to know about sun exposure:

-  Between $\frac{1}{2}$ and $\frac{3}{4}$ of our total lifetime sun exposure is before the age of 18.
-  Children's skin is delicate and prone to sun damage.
-  Tanning and sunburn both indicate skin damage.
-  Skin cancer is the most common cancer in Northern Ireland and it is becoming more common.
-  Ultraviolet (UV) radiation can pass through thin cloud and cause skin damage and burning.
-  Sand, water and snow can reflect UV radiation and cause burning.
-  Children are usually unaware of their skin burning and need constant reminders to take care in the sun.

The advice below is provided from www.careinthesun.org and is applicable to children in and out of school:

1. Avoid the sun when it is at it's strongest – play in the shade between 11.00am and 3.00pm.
2. Wear T-shirts and loose, light weight clothing in a close woven material.
3. Hats with broad brims or legionnaire types are best but more importantly make sure the hat is liked and will be worn.
4. Wear sunglasses with UV protection and that carry a recognised safety standard mark.
5. Supply plenty of drinks to avoid dehydration - Pupils are able to carry a drinks bottle with them throughout the day which can be filled from water dispensers.

6. Apply a broad-spectrum, high protection sunscreen to exposed skin.

- SPF 15 or higher to protect against UVB
- Star rating of 4 or more to protect against UVA
- Apply 30 minutes before going into the sun
- Apply generously and avoid missing patches
- Reapply frequently
- Read the instructions

Always use sunscreen along with the other protective measures and do not use sunscreen to extend the amount of time you spend in the sun.

Please support us in helping to keep pupils safe by sending your child with appropriate protection; apply sunscreen before school and send the bottle with them so they can reapply as necessary. This is particularly important on days when your child has PE lessons and may have increased exposure to the sun.

Yours sincerely



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