You can find out more on these websites:

http://www.cancerresearchuk.org/ about-cancer/causes-of-cancer/ sun-uv-and-cancer/ways-to-enjoythe-sun-safely

https://www.nhs.uk/livewell/skin/ pages/sunsafe.aspx

https://www.nhs.uk/conditions/ pregnancy-and-baby/safety-in-thesun/

http://www.skcin.org/ sunSafetyAndPrevention/ theFiveSsOfSunSafety.htm

3pm tay in the shade between 11am and

√ake sure you don't burn lways cover up emember to take extra care with children nen use factor 15+ sunscreen!



Parents' Information Letter
Sun Safety 2018
Be smart, stay safe,
Having fun in the sun!

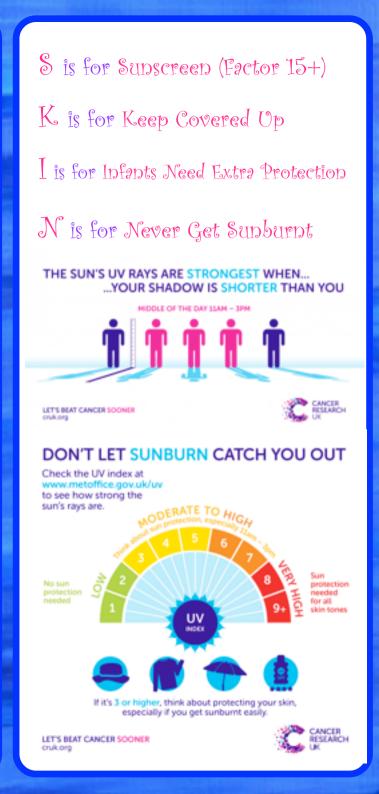


Whatever your age, it's wonderful to go out and enjoy the sunshine! We know that sunshine is a great way to get Vitamin D which we need for healthy bones, teeth and muscle.

So if being in the sunshine is a great way to for your body to make Vitamin D, why do we have to protect our skin from the sun?

Unfortunately, the longer you stay in the sun, especially for a long time without adequate sun protection, the greater your risk of skin cancer.

Luckily, good sun protection during childhood reduces the risk of skin cancer. The best protection for your skin is a combination of covering up, shade and wearing sunscreen.





Seek Shade

Staying out of direct sunlight is one of the best ways to protect your skin.



Clothing acts as a really effective barrier to stop your skin from burning. Wear clothes with a tightly woven fabric. Wear a hat with a wide brim. Legionnaire style hats are very useful too. Wearing sunglasses with a CE Mark/ British Standard/UV400/110% UV protection.



Sunscreen

Use a sunscreen with a minimum of SPF 15 UVB protection and a star rating of at least 4 stars UVA protection. ****