

# Sun Safety Newsletter



Dear Parents, Carer, Grandparent,

Now that the summer weather seems to be with us, it is time to remind you about our Sun Protection Policy. It is extremely important that care is taken during hot weather to protect the children from sunburn.

The staff at our nursery would like to work with you in providing the best sun protection for your child.

Children who prevent their skin from becoming sun damaged, will have much less risk of developing skin cancer later in life. Please take time to discuss the importance of sun safety with your child, and review the various methods for protecting the skin against sun damage.

Remember, sun safety is just as important at home, on weekends, and on holiday as it is at nursery.

Children with very "fair" or light skin colour are the most susceptible to sun damage and therefore need the most careful protection. The greatest need for sun safety occurs during the time of year when the sun's ultraviolet radiation is strongest, namely March through October.

Please send your child to nursery with each of the following sun-protective items:

- **Hat**
  - o A sun-protective hat is strongly recommended for outdoor activities.
- **Long clothing**
  - o A shirt (with long-sleeves and collar) can be slipped on before going outdoors unless already wearing long sleeves.
  - o Long trousers or a long skirt provides good protection for the legs.
- **Sunscreen and sun-protective lip balm:**
  - o Children are strongly encouraged to apply or reapply sunscreen to areas of skin not covered by clothing and hat before going outdoors.
  - o Ensure that your child has a sufficient supply. Sun cream used must be a minimum of 30 SPF factor with four star rating.
- **Sunglasses:**
  - o Children are strongly encouraged to wear sunglasses for outdoor activities.
  - o Wrap-around, close-fitting styles with shatter-proof lenses that block 100% of UV rays are preferred.

Please make sure your child drinks plenty of water.

## **Be sure to set a good example by being sun-safe yourself**

Many thanks for your continued support and by working together we can help all our children stay safe in the summer months.

The Nursery Team