

SUN SAFETY AT SCHOOL

Guidance for Parents

Warm and direct sunshine is great, but it does need a little preparation.

This guide covers the simple steps you can take at home to help keep your child safe, hydrated, and comfortable on warm school days.

Sunscreen: start before school

Applying sunscreen at home before the school day is the most effective thing you can do to protect your child from sun damage.

Here's how you can help us keep your child safe in the sun this term:

- Applying a broad-spectrum SPF 30+ sunscreen before your child leaves home
- Sending a named bottle of sunscreen in with your child for reapplication before extended outdoor activities
- Checking that sunscreen hasn't expired

Even on cloudy days, UV rays can still cause skin damage.

It's worth making sunscreen part of the morning routine throughout the warmer months, not just on sunny days.

Signs to be aware of at home:

If your child comes home feeling unwell after a warm day, watch for:

- Headache or dizziness
- Unusual tiredness or irritability
- Nausea or vomiting
- Pale, clammy skin (note: changes may be less visible on darker skin tones)

Encourage them to rest, drink plenty of water, and stay cool. If symptoms worsen or you are concerned, seek medical attention promptly.

Staying hydrated

Children can become dehydrated quickly in warm weather, and they don't always recognise when they need to drink more.

Here's how you can help us support your child's hydration at school:

- **Send your child to school with a full, named water bottle every day**
- **Remind them that they can ask for water at any time**

Getting dressed for warm weather

On warmer days, consider sending your child in with the following where possible:

- **A sun hat for outdoor breaks and PE**
- **Lightweight, loose-fitting layers**
- **Comfortable shoes suitable for outdoor activity**

Supporting your child

We take pupil wellbeing seriously in warm weather.

If you have any questions, please don't hesitate to get in touch.

For more information on child sun safety, visit: [NHS.uk](https://www.nhs.uk)

