



# Blackwood Primary School

## Early Learning and Childcare

### BE SMART BE SUN AWARE

Now that summer is here and hopefully the weather will improve, we need to think about protecting ourselves and our children when outside having fun.

Sunburn doubles the risk of skin cancer **SO BE SMART IN THE SUN.**

Use the **SUNSMART CODE**:

- **SPEND** time in the shade between 11am and 3pm.
- **MAKE** sure you never burn.
- **AIM** to cover up with a T shirt, hat and sunglasses.
- **REMEMBER** to take extra care with children.
- **THEN** use factor 15+ sunscreen (sun cream).



<https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/sun-uv-and-cancer/sun-safety>

Sun creams should contain both UVB and UVA protection at a minimum of 4 stars. The higher the factor of protection the better and cream should be applied regularly throughout the day.

### **IMPORTANT INFORMATION**

With this in mind, please bring your child to nursery every day with a high factor sun cream already applied.

We would appreciate if you could bring a bottle of your child's sun cream to nursery ASAP for us to store so that we can apply as and when required.

Please ensure your child's name is clearly labelled.

The nursery also have sun cream which we can apply, please let us know via the link below what you would prefer. The sun cream we will be using is 'Soleil Sensitive SPF 50' which is Tesco's own brand.

Thank you.

Please click on the link below, or cut and paste into your browser to complete the permission form for the application of sun cream. Thank you.