



22nd June 2026

Dear Parents and Carers,

Re: Sun Protection

The sun's rays are particularly strong over the summer and they can damage children and young people's skin. This may not seem like a problem right now, but it can lead to **skin cancer** in later life. Your child's health and well-being is very important to us, which is why we are asking you to:

- 1) Send your child to school with a **sun hat**; ensuring it is capable of protecting their face, neck and ears.
- 2) Send a bottle of **sunscreen** into school for your child; this should be at least SPF 30 and provide UVA and UVB protection.
- 3) Ensure your child is **appropriately dressed for the summer weather** (Clothes should cover shoulder. Shorts should be loose fitting and to the knee. No extreme fashion and no minimalist clothing. NO DENIM).

Please ensure all items are clearly labelled with your child's name.

Where possible your child will be encouraged to apply their own sunscreen, however, we would be grateful if you would complete the permission slip below in order for a member of school staff to apply it on their behalf if necessary.

Your support is very important with regards to keeping children safe in the sun.

Yours sincerely,

Sam MacDonald
Executive Headteacher

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PLEASE RETURN TO YOUR CHILD'S CLASS TEACHER

I enclose sunscreen for (name of child) _____ and give permission for a member of Heatherwood School Staff to apply this to exposed areas, namely: face, ears, neck, hands, arms and legs; before going out into the sunshine.

Signed: _____ Parent/Carer

Date : _____