

Sun safety

Use the 5 S's:

- Seek Shade, especially when UV rays are more intense (11am-3pm) or it's hotter
- Protect from sunburn using clothing as much as possible, rather than as using sunscreen
- Slap on a hat to protect your scalp from sun and to add a bit of portable shade too
- Make sure sunscreen is 'in date' and don't use it if it's outside the safe use time
- Wear Sunglasses with UV protection

Hot weather

Always consider the following:

- look out for others, especially older people, young children and those with underlying health conditions
- remember it may be cooler outdoors than indoors
- be aware of how young children (and animals) are affected by heat inside a vehicle – never leave them alone in a vehicle
- try to keep out of the sun between 11am to 3pm (highest UV levels) and
- make sure you take water with you if you are travelling

What are the rules about sun cream for pupils?

- Sun screen must be applied to children by parents in the morning before leaving for school
- Children must bring their own sun cream, and only use their own, to top this up if necessary
- Children must, as far as possible, apply sun cream themselves
- Written permission is required from parents for staff to apply sun cream, and this must not be done on a 1:1 basis