HARMONDSWORTH PRIMARY SCHOOL

London Borough of Hillingdon

Headteacher: Mrs E Dowding

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Dear Parents / Carers

Re : Keeping Safe in the Sun

With the warmer weather we have enjoyed over the last few weeks, Harmondsworth Primary School promote children being protected from the sun uva/uvb rays.

Following guidance from the NHS website, we have detailed some information regarding sunscreen as follows:

What factor sunscreen (SPF) should be used?

When buying sunscreen, the label should have

- a sun protection factor (SPF) of at least 30 to protect against UVB & at least 4-star UVA protection – ensuring sunscreen is not past its expiry date.

What are the SPF and star rating?

The sun protection factor, or SPF, is a measure of the amount of ultraviolet B radiation (UVB) protection, the higher the star rating, the better.

Listed overleaf is an example of what is available to buy on the High Street. Harmondsworth Primary do not recommend any particular branded product but are providing this as an example of available products on the High Street to stay safe in the sun. This product as an example can be applied prior to the school day by parents / carers, offering 8 hours skin care protection. It is expected that parents / carers apply sunscreen prior to school unless there is a medical reason that creams are to be applied at school.

The example product listed overleaf is an Official Sun Safety Partner with Macmillan Cancer support.

We hope this information is helpful in keeping your child safe in the sun and we would like to take this opportunity to remind you that hats should be sent in to school (named) which we will remind the children to wear on sunnier days. Water bottles too should be sent daily into school, and as always we offer the opportunity to re-fill water bottles at school.

Yours sincerely

Mrs Rebecca Delaney
Welfare Officer



8 hour protection – Kids Once, Sensitive.

(example only, not promoted by Harmondsworth Primary School)