

Solent **NHS**

NHS Trust

School Nursing Team  
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Dear Parent/Guardian

Too much exposure to the sun can cause skin cancers therefore to reduce this risk it is strongly recommended that you encourage and assist your child in taking steps to protect their skin from being damaged by the sun.

Children with very fair skin or light colour skin are the most susceptible to sun damage and therefore need the most careful protection although it is important to remember skin cancer can still affect people with dark skin.

The greatest need for sun safety occurs when the sun's ultraviolet radiation is at its strongest, which is between 11am-3pm. The best way for your child to enjoy the sun safely and protect their skin from sunburn is to use a combination of shade, clothing and sunscreen.

When the sun is strong and there is a risk of burning:

- Time should be spent in the shade.
- A t-shirt, hat and sunglasses should be worn.
- Sunscreen at least factor 15 with a high star rating should be used and applied generously and re-apply regularly.

Please remember too much sun exposure can also cause other concerns such as dehydration, heat exhaustion and sun-stroke therefore ensure your child drinks plenty of water throughout the day.

If any further information is required please contact your child's school nurse on the above number. Additional information can be found on the following websites: [www.sunsmart.org.uk](http://www.sunsmart.org.uk) [www.nhs.uk](http://www.nhs.uk)

Yours sincerely

Ruth Stockley  
School Nurse