



HAWRIDGE & CHOLESBURY CHURCH OF ENGLAND SCHOOL

Hawridge, Chesham, Buckinghamshire HP5 2UQ
Telephone: 01494 758368 Fax: 01494 758629
Email: office@hcschool.uk
Website: www.hawridge-cholesbury.bucks.sch.uk
Headteacher: Mrs Rosie Phillips

9th June 2023

Dear Parents

Safe in the Sun and Heat

Summer is definitely here and we are all looking forward to spending lots of time outside, at home with our families and at school during the lessons and at play times. We are aware that children cannot control their body temperature as efficiently as adults during hot weather because they do not sweat as much and so can be at risk of ill-health from heat. The main risk from heat is dehydration (not having enough water in the body).

On very sunny days, shade is limited in our grounds so it is very important that children bring a named **sun hat** into school every day. A sun hat with a legionnaires flap or wide brim would be preferable. Children should also have a freshly filled water bottle in school every day. This should contain water only and will be available to children at all times.

We also ask that all children wear **sun cream** to school, which is applied before they leave home in the morning – this will offer them protection during the school day. To enable staff to keep your child safe in the sun, children can bring in a bottle of named non-allergenic SPF30 (or higher) sun cream which has been checked to ensure it is nut oil free. You may like to consider providing your child with a roll on dispenser, to make it easier for them to apply it themselves. This should be in a clear, named, zip close bag and will be stored in the teacher's cupboard and provided at lunch time for the child to reapply to all exposed parts of skin including their face, neck, ears, arms and legs.

Please note that the school will not be able to provide or apply sun cream to pupils. Our main aim is to teach the children about sun safety and the importance of re-applying it during the day.

We encourage parents to provide opportunities at home to help your child(ren) apply their own sun cream. Practising will develop independent, self-help skills. Staff are not able to physically apply sun cream to pupils.

Nut allergies are a concern for our school as we have several children with severe nut allergies. Please ensure sun cream ingredients are checked carefully before they come in to school to confirm they contain no nut products.

Our children's safety is very important to us and working together we can make sure they are all protected when out in the sunny weather. Wearing sun hats and sun cream, drinking water and staying in the shade will all help.

I thank you in advance for your co-operation and support.

Kind regards

Mrs Rosie Phillips
Headteacher