



28<sup>th</sup> April 2017

Dear Parent/Carer

As part of our Healthy Schools work, we are trying to raise awareness of how to enjoy the sun safely. Recent reports have shown shocking increases in the cases of skin cancer; many adults who are diagnosed with skin cancer believe that the damage was caused when they were children. Cornwall has exceptionally high UV levels and it is important we all take action now to prevent further damage.

We all need some sun exposure; it's our primary source of vitamin D, which helps us absorb calcium for stronger, healthier bones. But it doesn't take much time in the sun for most people to get the vitamin D they need and unprotected exposure to the sun's ultra violet rays can cause skin damage, eye damage and even cancer.

As an academy we aim to encourage our pupils to be 'Sun Safe'. Children are reminded to wear hats during playtimes, lunchtimes and outdoor P.E. lessons. Sunscreen should be applied before they come to school and children are encouraged to drink constantly.

As another tool to keep our children 'Sun Safe', the P.T.A. has purchased a selection of bag charms. Each of these contains UV sensitive beads which change colour when UV levels are high. This reminds the children to apply sunscreen before going outside.

We are also selling kits that contain enough beads to make a bracelet. Please see our Facebook page for more details.

If you would like to purchase a bag charm or bracelet kit, please return the slip below with £2 per item, to Mrs Dewsnap in an **envelope labelled with your child's name and class** - 5p from each purchase is donated to the British Skin Foundation.

Thank you for your support in keeping our pupils 'Sun Safe'.

Yours sincerely

Jane Dewsnap  
Healthy School Co-ordinator

