

June 2026

Dear Parents and Carers

### **Advice to schools on sun heat and insect bites**

We want your children to enjoy the summer weather during the last weeks of this term. We also want them to keep safe from the effects of the sun, heat and insect bites.

#### **Sun Safety**

Children have very sensitive skin. They can get sunburn very quickly - maybe under 10 minutes on some very hot days. Sunburn increases the risk of damage to children's skin later in life, including getting skin cancer. The number of people with skin cancer is increasing each year. Most are caused by exposure to too much ultraviolet (UV) radiation from the sun.

The children most at risk have very light or fair skin. However, children with darker skins are also at risk.

The UV radiation level is highest from March to October and especially during the summer months.

You can look at weather reports or weather apps to see the UV index. If it is 3 or more, it is important to protect your child. The risk remains high on cloudy days.

You can protect your child when at school with:

- A hat that protects the head, ears and neck.
- Clothing that protects as much skin as possible, including the arms and following the school uniform policy.
- Putting on before school a long lasting suncream.

The sun cream should have a Sun Protection Factor (SPF) of at least 30 and a UVA protection of at least 4 stars.

Put on areas not protected by clothing, for example face, ears, backs of hands.

If sweating a lot, or after swimming, your child can put on again.

Put a label with your child's name on the tube, to take to school.

Do not use sun cream that has expired. The M sign on the tube shows how many months you can use it after it is opened.

Advice for children with nut allergies:

Many sun cream brands use oils from nuts. These are highly refined and the risk of an allergic reaction is extremely low. However, the risk cannot be completely excluded.

Brands often use the Latin names for the different nuts: *Prunus dulcis* (almond), *Arachis hypogaea* (peanut), *Macadamia integrifolia* (macadamia nut), *Bertholletia excelsa* (Brazil nut), *Anacardium occidentale* (cashew), *Corylus avellana* (hazelnut), *Carya illinoensis* (pecan), *Pistacia vera* (pistachio), *Nux gallica* (walnut).

If you are unsure speak with a pharmacist.

If you cannot find a safe brand your child should cover their skin as far as possible.

For more information visit [Sunscreen and sun safety - NHS](#)

### **Heat safety**

Your child can become dehydrated on hot days. Your child can prevent this by:

- Taking a drinking bottle to school every day.
- Drinking plenty of water at break times, after any exercise and when thirsty. Also to drink small regular amounts during the day.

For more information visit [Dehydration - NHS](#)

### **Insect bites**

More people are going to their GP or hospital with insect bites, compared to previous years. The bites can sometimes cause allergic reactions or skin infections.

The risk can be reduced when at school by:

- Wearing clothing that protects as much skin as possible, including the arms and following the school uniform policy. Wearing a hat and covering the feet.
- Not using strong smelling soaps, deodorants, hair shampoos or perfumes.
- Not wearing bright coloured clothing.
- Putting on before school a long-acting insect repellent, to cover all exposed areas of skin.

For the first time, only use on a small area of skin, to see if your child's skin will tolerate it. If not, then speak with your pharmacist about other types of repellent.

Do not use near the eyes and mouth. Do not put on broken or irritated skin.

For more information visit [Insect bites and stings - NHS](#)