

Wednesday 9th June 2021

Dear Parents/Carers

Welcome back to the school as we start the second half of our Summer term. I hope you enjoyed the opportunity to get out and about as the Covid restrictions have allowed. It certainly feels like Summer doesn't it! With this in mind, please can you ensure your child has had an application of sunscreen applied in the morning and that they bring a sun hat to wear when they are outside. For our children in Reception and Nursery we would recommend that a sunscreen which has the added "immediate extra water resistant" be applied.

The guidance from the NHS website is as follows:

Children and sun protection

Take extra care to protect babies and children. Their skin is much more sensitive than adult skin, and damage caused by repeated exposure to sunlight could lead to skin cancer developing in later life.

Children aged under 6 months should be kept out of direct strong sunlight.

From March to October in the UK, children should:

- cover up with suitable clothing
- spend time in the shade, particularly from 11am to 3pm
- wear at least SPF30 sunscreen

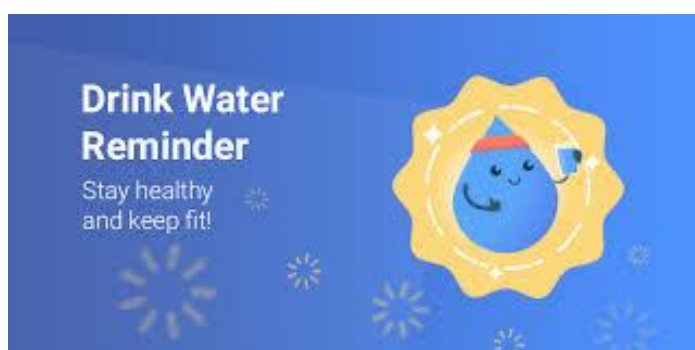
Apply sunscreen to areas not protected by clothing, such as the face, ears, feet and backs of hands.

To ensure they get enough vitamin D, all [children under 5 are advised to take vitamin D supplements](#).

Regarding the application of sunscreen, we are seeking further guidance from the School Nurse and will update you as soon as this information is received.

Waterbottles

A reminder to supply your child with a bottle of water to be accessed during the school day. This must be water as opposed to fruit juice please. Fruit juices are permitted at lunchtime only.



Managing common childhood illnesses

The NHS in the Bradford District has produced a handy booklet to help you look after your child when they have a common childhood illness like a cold or upset tummy. The 'if your child is poorly' guide has been put together by local GPs and gives you advice about managing common illnesses at home and spotting when you should get further help. You can download a copy at: <http://bit.ly/feelingpoorlychild> or you can bookmark the page on your mobile to access it easily on the move and share with others who might find it useful. Translations of the guide are also available in Arabic, Polish and Slovak. Thank you for your support with these matters.

Mrs Sarah Crowther
Headteacher