

For Elementary School

RE: Sun Safety

Dear Parent,

Skin cancer is by far the most common type of cancer in the United States, but it can be prevented. Most skin cancers are caused by too much sun exposure. To reduce the risk of skin cancer, we strongly recommend that you encourage and assist your child in taking steps to protect the skin from being damaged by the sun.

Children with very “fair” or light skin color are the most susceptible to sun damage and therefore need the most careful protection. The greatest need for sun safety occurs during the time of year when the sun’s ultraviolet radiation is strongest, namely March through October.

Please send your child to school with each of the following sun-protective items:

- **Hat**
 - A sun-protective hat is strongly recommended for outdoor activities and congregation. Allowed styles include:
 - **Wide-brim:** A brim, all the way around, at least 3 inches deep
 - **Legionnaire:** Like a baseball cap with wider brim and a neck flap
 - **Bucket:** Fisherman’s style, with a brim at least 2 ½ inches deep
- **Long clothing**
 - A “playshirt” (with long-sleeves and collar) can be slipped on before going outdoors unless already wearing long sleeves.
 - Long pants or a long skirt provides good protection for the legs.
- **Sunscreen and sun-protective lip balm:**
 - Students are strongly encouraged to apply or reapply sunscreen to areas of skin not covered by clothing and hat before going outdoors.
 - Ensure that your child has a sufficient supply.
- **Sunglasses:**
 - Students are strongly encouraged to wear sunglasses for outdoor activities.
 - Wrap-around, close-fitting styles with shatter-proof lenses that block 100% of UV rays are preferred.
- **Umbrella:**
 - An umbrella can be useful in case of sudden or prolonged outdoor exposure, such as a disaster drill.

Children who prevent their skin from becoming sun damaged will have much less risk of developing skin cancer later in life. Please take time to discuss the importance of sun safety with your child, and review the various methods for protecting the skin against sun damage. Remember, sun safety is just as important at home, on weekends, and on vacations as it is at school. Be sure to set a good example by being sun-safe yourself!