

For Secondary 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.

We recommend that students bring to school and use the following sun safety 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**
 - Students are strongly encouraged to wear clothing that covers the arms and legs when outdoors.
- **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 an outdoor event or disaster drill.

Please discuss sun protection methods with your child. Explain that overexposure to the sun not only causes skin cancer but premature aging and wrinkling of the skin as well. Strongly discourage intentional sun tanning, and do not allow your child to use an indoor tanning facility. Remember, sun protection 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! If your child prevents the skin from becoming sun damaged, he or she will have much less risk of developing skin cancer later in life.