

Wellbeing Poster

With the weather threatening to be sunny over the next few weeks, this week's wellbeing poster looks at keeping safe in the sun and sun creams and their allergens.

Please remember we are a nut free school.

Sun Safety Tips (taken from [NHS](#)).

Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.

Make sure you:

- spend time in the shade between 11am and 3pm
- make sure you never burn
- cover up with suitable clothing (wide brimmed hat, long sleeved top, long skirts and trousers) and sunglasses
- take extra care with children, use at least factor 30 sunscreen



Sun Cream

Common food allergens can actually be found in some sun creams so it is important to read the inactive ingredient list before using it with your child sun cream if they have a food allergy. **In addition, we have children at school with serious nut allergies which are airborne so please be mindful of this when applying sun cream to your child before sending them into school.**

Ingredients to look out for:

Peanut allergy – avoid arachidyl glucoside or arachidyl alcohol, which are peanut derivatives

Tree nut allergy – avoid sweet almond oil, argan oil, ginkgo biloba

Soy allergy – sunscreens and skin creams can be soy enriched to help prevent UV damage

Wheat allergy – wheat and wheat germ is added to many creams

Some examples of brands that are nut free:

Ambre Solaire Kids Classic Trigger Spray Cream SPF50

Ambre Solaire Kids Sensitive Sun Cream SPF30

Blue Lizard Australian sunscreen SPF 50+

SunSense Kids SPF50

UltraSun Kids SPF50

Sainsburys Protect Kids Coloured Sun Spray SPF50+

Sainsburys Protect Baby Sensitive Lotion SPF50+

Sainsburys Protect Kids Coloured Sun Lotion SPF50+

Tesco Soleil Kid Spray 2Hrs Water Resistance

Tesco Soleil Kids Sun Lotion SPF50

Lacura SPF 50 Kids Sun Spray



We are aware that Nivea sun cream contains almond oil do please do not use within school. Thank you