



Sun Safety Guidance

Rational

Too much exposure to ultraviolet light (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. There is potential for schools to help prevent skin cancer in future generations. Schools can be central to protecting children's skin, because:

- Children are at school five out of seven days a week at times when UV rays are high.
- Most damage due to sun exposure occurs during the school years.
- Schools can play a significant role in changing behaviours through role modelling and education.
- Students and teachers are at risk of sunburn within 10-15 minutes of being exposed to strong sunlight.
- Students can spend up to 1.5 hours outside per school day, more if involved in sports and outdoor activities.
- Skin cancer is largely preventable through behaviour modification and sun protection during early years.

The main element of this policy is:

- Partnership: working with parents/carers, governors and the wider community to reinforce awareness about sun safety and promote a healthy school.
- Education: learning about sun safety to increase knowledge and influence behaviour.
- Protection: providing an environment that enables pupils and staff to stay safe in the sun.

Partnership

- Sun safety will be promoted through working with parents, governors and the wider community to improve our understanding and provision to avoid the harmful effects of too much exposure to ultraviolet light (UV).
- Staff should act as positive role models and set a good example by seeking out the shade whenever possible and wearing suitable clothing, hat and sunscreen.

Education

- Annually a special assembly will be dedicated to 'Sun Safety'.
- At appropriate times during the year children will be reminded through our assemblies about 'How to be Sun Safe'.
- The curriculum for all year groups will include aspects of 'Sun Safety' annually.
- Parents and Guardians will be asked through letters/newsletters to support this policy by encouraging their children and acting as role models.
- Children will be encouraged to use the shaded areas of school during playtimes.]

Protection

Shade:

- The school playground has shade provided either by the school building, outdoor shelters, trees and temporary structures, such as gazebos, etc.
- Children will be encouraged to use the shaded areas of the school during playtimes when appropriate.

Clothing:

- The children will be encouraged to wear clothes that provide good sun protection ensuring shoulders are covered for P.E and sports day.
- The children will be encouraged to wear hats to protect their face, ears and the backs of their neck.
- We will encourage pupils to bring hats in to school every day (during the sunny weather) and ensure they are easily accessible, but are not worn inside the building.

Sunscreen

Staff at school are not expected to apply sunscreen to students but we will have strategies in place to help remind children to apply sunscreen before they go outside. Regular use of sunscreen has been shown to reduce the incidence of melanoma and squamous cell carcinoma, both in the short and long term. Parents are recommended to choose SPF30 or higher broad-spectrum, water-resistant sunscreen. Make sure it is within its use-by date and is stored below 30 degrees.

NHS Choices has good advice here: <http://www.nhs.uk/Livewell/skin/Pages/Sunsafer.aspx#children>

- Children should have their own sun cream with them, and parents need to teach their children how to apply it, if it is not of the “once-a-day” sort.
- The School will deliver lessons to all Key Stage 2 classes on sun safety issues, and the correct ways of applying sun protection. Because of their age, it is the School’s view that parents are better placed to be applying cream/lotion to younger children, and to do so before school.

Drinking Water:

- Children are encouraged to increase their water intake in hot weather and are encouraged to drink water during break time and lunchtimes. Every child should bring a filled plastic water bottle to school daily and should be able to re-fill them at appropriate points during the day.
- Children are encouraged to drink fluids after break and lunch and are able to take their water bottles out to PE lessons
- Children without water bottles will be given additional opportunities to drink water
- Particular attention will be given to the well-being of Muslim pupils if Ramadan and a prolonged hot spell/heatwave coincide
- Schools will discourage children from bringing in ice drinks, due to the length of time it takes for that ice to melt