

Sun Safety Policy

RATIONAL

Too much exposure to ultraviolet light (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of skin cancer. There is enormous potential for schools to help prevent skin cancer in future generations. Schools are central to protecting children's skin this is 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 spend an average of 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 elements of this policy are:

- Partnership: working with parents/carers, governors, the school nurse 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.
- Relevant professionals (school nurses and health promotion officers) will be invited into the school periodically to advise the school on 'sun safety'.

EDUCATION

- At appropriate times during the year, pupils 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 and periodically where appropriate and relevant.

- Parents and Carers will be asked through letters/newsletters to support this policy by encouraging their children to adopt the safety messages given by staff in school.
- Pupils will be encouraged to use the shaded areas of the school during playtimes.

PROTECTION

Shade:

- The school play areas have shade provided either by the school building, outdoor shelter(s), trees and we have temporary structures i.e. gazebos, etc for use on sports days and other outdoor events.
- 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.
- The children will be encouraged to supply themselves with legionnaire or bucket style hats to protect their face, ears and back of their neck.

Sunscreen:

- Each pupil will be encouraged to supply themselves with sunscreen (minimum SPF 30, with broad spectrum UVA protection) to apply themselves/*with support of a member of staff *or, singularly (with another member of staff present), by a member of staff when appropriate and used on or off site for any prolonged outdoor school related activities.*

By law, schools are allowed to apply sunscreen to children. The Health and Safety Executive (HSE) states that, 'health and safety legislation does not prevent school staff from applying or helping pupils apply sun cream.

Drinking Water:

- Children are encouraged to increase their water intake in hot weather and are encouraged to drink water during break times, lunch times and throughout the school day. Every child should bring a water bottle to school every day in order to utilise the water stations in each key stage.