

Austhorpe Primary School



SUN PROTECTION POLICY

INTRODUCTION

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, even on shady days.
- Children have continuous access to the outdoor provision.
- Skin cancer is largely preventable through behaviour modification and sun protection during early years.

POLICY STATEMENT

This policy is intended to ensure that staff and pupils can enjoy the sun safely. We believe that Sun Safety is important to ensure that children and staff are protected from skin damage caused by the harmful ultraviolet rays in sunlight. We will work with staff, pupils and parents to achieve this through:

Education:

- All children will learn about sun safety and protecting their skin through story times, assemblies and PSHE lessons (circle time).

- Parents/carers will be informed of our Sun Protection policy and asked to provide hats and sunscreen.
- Children will be spoken to about the importance of drinking more water when it is hot and will be encouraged to bring water to school and to make use of drinking taps.
- We will remind parents at the appropriate time of year about the dangers of sun exposure and preventative measures.
- We will, where possible, hold outdoor activities in areas of shade whenever possible, and encourage children to use shady areas of the outdoor classroom and playground areas.

Shade

- Children will be encouraged to use shady parts of the outdoor classroom and playground.
- Children will be encouraged to use the shade during trips out and on sports days.

Clothing

- We will actively encourage all children to wear a sunhat, preferably legionnaire style when playing outside.
- We will encourage staff and parents/carers to act as good role models by practising sun safety.
- Children are allowed to wear UV protective sunglasses, whilst engaged in outdoor activities. Please check the protection levels which are advised to be UV 400/100% UV protection.

Sunscreen

- We will encourage/remind parents and carers to apply sunscreen before school via our school communication systems The Arbor App, email and SMS messages.
- Sunscreen should be applied that is factor 30+, to all exposed parts of the body 15-30 minutes before going out in the sun, not forgetting ears, shoulders, necks, noses and tops of feet etc. Children will need to bring in their own clearly labelled bottle of sunscreen for reapplication if needed. They may apply this to themselves, or with the help of a peer, under the supervision of an adult. Adults should not assist pupils in this, except in exceptional medical circumstances. An adult should never be alone with a child when assisting such a child.
- School will make available some Sunscreen 30+, for those children who do not have it applied before school. They may apply this to themselves, or with the help of a peer, under the supervision of an adult. Adults should not assist pupils in this, except in exceptional medical circumstances. An adult should never be alone with a child when assisting such a child.
- It is a parents/carers responsibility to inform school of any allergies, through the Arbor App or an allergy action plan (in writing)
- Parents whose children are allergic to sunscreen should either try to find an alternative or ensure that their child is adequately covered with long sleeved, long legged clothing.
- We will inform parents of sunscreen use for trips out and special outdoor events such as sports day.

USEFUL RESOURCES

SunSmart website – www.sunsmart.org.uk

Skin Cancer Hub website <http://www.swpho.nhs.uk/skincancerhub/>

Sun Wise website: <http://thesunwiseset.co.uk/>

NHS website: <https://www.nhs.uk/Livewell/skin/Pages/SunSAFE.aspx>

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September 2023 – In consultation with Keeping Children Safe in Education -September 2023.

