



# Sun Safe Policy

*Caring for Pupils, Promoting Success*

Our vision is to provide every child with an outstanding start to their education which will equip them with necessary skills to meet future changes and challenges throughout their life.

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### 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.
- 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.

### Aims and objectives

#### PARTNERSHIP

Partnership: working with parents/carers, governors, our school nurse and the wider community to reinforce awareness about sun safety and promote a healthy school.

- 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

Education: learning about sun safety to increase knowledge and influence behaviour.

- Annually a special assembly will be dedicated to 'Sun Safety'. This will emphasise the 5 S's of Sun Safety including: SLIP SLOP SLAP - to SLIP ON A T-SHIRT, SLOP ON THE SUNSCREEN, SLAP ON A HAT.
- 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 carers will be asked through letters/newsletters to support this policy by encouraging their children to adopt the Slip, Slop, Slap message and act as role models.
- Children will be encouraged to use the shaded areas of the school during playtimes.

#### PROTECTION

Protection: providing an environment that enables pupils and staff to stay safe in the sun.

##### Shade:

- The school playground has shade provided either by the school building, outdoor shelter(s), canopy, trees
- Children will be encouraged to use the shaded areas of the school during playtimes when appropriate.
- School will limit the time children spend outside in the summer months (e.g playtimes/PE etc).

## **Sun Safe Policy**

- Events such as sport's days etc, where the children may spend longer outside, may be postponed if the weather is too hot.

### **Clothing:**

- The children will be encouraged to wear clothes that provide good sun protection.
- The children will supply themselves with hats.

### **Sunscreen:**

- Pupils may supply themselves with sunscreen (minimum SPF 30, 4 star UVA) before school. If they need to have this reapplied, it must be kept in a labelled bottle, in the classroom and the children may reapply themselves when appropriate and used on or off site for any prolonged outdoor school related activities. If children are unable to do this themselves (e.g. a child with an EHCP), then staff, wearing gloves may support them or a parent called in.

### **Drinking Water:**

- Children are encouraged to increase their water intake in hot weather and are encouraged to drink water during break times and lunch times. Every child should bring a water bottle to school every day.