

ST NEOT COMMUNITY PRIMARY SCHOOL AND NURSERY

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.

- Children are at school five out of seven days a week at times when UV rays are high
- Schools can play a significant role in changing behaviours through role modelling and education.
- Pupils and teachers are at risk of sunburn within 10-15 minutes of being exposed to strong sunlight.
- Children have frequent 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 PSHE lessons
- Parents will be asked to provide sun hats and sun cream.
- 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.
- We will remind parents at the appropriate time of year about the dangers of sun exposure and preventative measures.
- We will hold outdoor activities in areas of shade whenever possible, and encourage children to use outside areas.

Shade

- Children will be encouraged to use the shade during school trips out and on sports days.

Clothing

- We will actively encourage all children to wear a sunhat when playing outside.
- We will encourage staff and parents to act as good role models by practicing sun safety.

Sun cream

- We will encourage parents to apply sun cream before school – high factor - all day sun cream, if possible.
- There will not be spare sun cream for communal use due to the risk of allergies.
- Sun cream 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 labeled bottle of sun cream for reapplication if needed. They may apply this to themselves 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.
- If a pupil does not have any sun cream, they will not be allowed to play outside that day to ensure that they are not sunburnt.
- All children must wear sun cream. Parents whose children are allergic to sun cream 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 sun cream 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/>

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