



SUN SAFETY POLICY

1. Introduction

- 1.1. This policy informs practice in the Preparatory School, Pre-Prep Department and Nursery. 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.
- 1.2. There is an enormous opportunity for schools to help prevent skin cancer in future generations. Schools are central to protecting children's skin this is because:
- 1.3. Children are at school five out of seven days a week at times when UV rays are high.
- 1.4. Most damage due to sun exposure occurs during the school years.
- 1.5. Schools can play a significant role in changing behaviours through role modelling and education.
- 1.6. Students and teachers are at risk of sunburn within 10-15 minutes of being exposed to strong sunlight.
- 1.7. Students spend an average of 1.5 hours outside per school day, more if involved in sports and outdoor activities.
- 1.8. Skin cancer is largely preventable through behaviour modification and sun protection during early years.

2. The main elements of this policy are:

- 2.1. **protection:** providing an environment that enables pupils and staff to stay safe in the sun.
- 2.2. **education:** learning about sun safety to increase knowledge and influence behaviour.
- 2.3. **partnership:** working with parents/carers, governors, our school nurse and the wider community to reinforce awareness about sun safety and promote a healthy school.

3. PARTNERSHIP

- 3.1. Sun safety will be promoted through working with parents and the wider community to improve our understanding and provision to avoid the harmful effects of too much exposure to ultraviolet light (UV).
- 3.2. 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.
- 3.3. Relevant professional (school nurses and health promotion officers) will be invited into the school periodically to advise the school on 'sun safety'.

4. EDUCATION

- 4.1. 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.
- 4.2. At appropriate times during the year children will be reminded through our assemblies about 'How to be Sun Safe'.
- 4.3. The curriculum for all year groups will include aspects of 'Sun Safety' annually.
- 4.4. Parents and guardians 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.
- 4.5. Children will be encouraged to use the shaded areas of the school during playtimes.

5. PROTECTION

Shade:

- 5.1. The school playground has shade provided either by the school building, outdoor shelter(s), trees and/or we have temporary structures i.e. gazebos, etc for use on sports days and other outdoor events.
- 5.2. Children will be encouraged to use the shaded areas of the school during playtimes when appropriate.

Clothing:

- 5.3. The children will be encouraged to wear clothes that provide good sun protection.
- 5.4. The children will supply themselves with hats to protect their face, ears and back of their neck. The hats will remain in school at all times (between April and the end of September) and be easily accessible.

Sunscreen:

- 5.5. Each pupil will be provided with/supply themselves with sunscreen (minimum SPF 30, with broad spectrum UVA protection) to apply themselves when appropriate and used on or off site for any prolonged outdoor school related activities.
- 5.6. Parents of younger children should apply sunscreen before their child leaves for school, with a named bottle of sunscreen to be placed in the tray so that it can be reapplied during the day.

Drinking Water:

5.7. Children are encouraged to increase their water intake in hot weather and are encouraged to drink water during break times and lunch times.

5.8. Every child should bring a water bottle to school every day.

6. Suggestions to help cope with hot weather:

6.1. Pupils to wear hats when outside.

6.2. Pupils should wear sun cream.

6.3. Teachers should make a judgement as to the temperature of classrooms and make internal arrangements to teach in cooler areas where possible.

6.4. Teachers should encourage pupils to drink water and ensure there are regular breaks for them to do so.

6.5. Where possible, all doors and windows should be opened to provide a through breeze and classroom blinds should be drawn.

6.6. Physical education lessons should be carefully planned to avoid sun exposure, unnecessary exertion and dehydration. In extreme weather, outdoor PE lessons should not last for more than 20 minutes when children should be brought indoors, given time to rest and drink water.

6.7. Annual Sports' Days will be determined by preceding days' climate.

6.8. Pupils with asthma, breathing difficulties or other relevant health conditions should avoid physical activities.

6.9. Parents/carers and children must be encouraged to follow these procedures at home.

6.10. Staff must also ensure they drink water regularly and take precautions against the high temperatures.

In rare cases, extreme heat can cause heatstroke.

7. Heatstroke symptoms:

7.1. Cramp in arms, legs or stomach, feeling of mild confusion or weakness.

7.2. If anyone has these symptoms, they should rest for several hours, keep cool and drink water or fruit juice.

7.3. If symptoms get worse or don't go away medical advice should be sought. NHS Direct is available on 0845 4647.

If you suspect a member of staff or pupil has become seriously ill, call an ambulance. While waiting for the ambulance:

- If possible, move the person somewhere cooler.
- Increase ventilation by opening windows or using a fan.
- Cool them down as quickly as possible by loosening their clothes, sprinkling them with cold water or wrapping them in a damp sheet.
- If they are conscious, give them water or fruit juice to drink.
- Do not give them aspirin or paracetamol.
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8. Policy Owner

8.1. The policy owner is Mrs Abra Stoakley

9. Issue Date

9.1. Issue date: September.

10. Review Date

10.1. This policy will be reviewed annually. The next review is due in July 2018.

Principal Signature:



**September
2018**