

# **Grand Avenue Primary and Nursery School**

## **A Policy for Sun Safety**

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**Agreed by staff and Governors - Summer term 2020**  
**Review date - Summer term 2023**

## **1. Rationale**

Whilst we recognise that some sun is good for us, Sun Safety is an important health and safety issue for schools. During the warmer months of the year children are exposed to the harmful ultra violet (UV) rays in sunlight, most of which is when UV penetration is at its strongest (between 11am and 3pm). Without adequate protection, a child's delicate skin can easily burn, causing accumulative and irreparable damage. This can significantly increase their risk of developing skin cancer in later life.

Skin cancer is one of the most common forms of cancer in the UK and the rate continues to rise. Sun exposure in the first 15 years of life contributes significantly to a person's lifetime risk of skin cancer highlighting the importance of schools and parents working together, to increase knowledge, influence behaviour, ensure children are protected against UV and learn how to enjoy the sun safely.

## **2. Aims**

- To provide an environment that enables pupils and staff to stay safe in the sun.
- To promote sun safe behaviour and teach children about the risks of sunlight. Thus prevent children burning and contribute towards preventing skin cancer.
- To work with parents/carers, governors, our school nurse and the wider community to reinforce awareness about sun safety and promote a healthy school. (See Appendix A for letter to parents)

## **3. Sun Safety Provision**

### **Curriculum**

Children will be taught about the positive and negative effects that the sun has on their health. This will be taught through the RHE and Science curriculum as well as whole school assemblies.

Outdoor activities will be scheduled at times other than the middle of the day, when the rays from the sun are most harmful.

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

### **Clothing and Protection**

Children will be asked to wear appropriate clothes/hats that provide good sun protection. Parents will be asked to provide a sunhat for their child to wear in school. Ideally the hat will be legionnaire style or wide brimmed.

Children will be encouraged to apply sunscreen of at least factor 15 before going out in the sun. Sun cream will be kept in the child's PE bag or allocated box in the classroom. Children will be asked to apply this independently and may need supervision. In some special circumstances children may need an adult to assist them and parents will need to discuss this with their class teacher.

All sun cream to be labelled with the child's name. No swapping of creams will be permitted.

## **Lunch and Breaktimes**

Lunch will be eaten indoors or in the shade. Children have access to water during the lunchtime periods as well as a drink with their lunch. As part of our Healthy School Policy sweet or fizzy drinks are not allowed in school.

Grand Avenue will ensure the provision of adequate shade for all pupils and staff. Children are encouraged to use shaded areas during breaktimes and sunbathing discouraged. SMSAs will ensure that all children have some "Shade Time" during their lunchtime play. In extreme hot weather, children will be asked to engage in calmer play and a designated classroom will also be available if more space out of the sun is needed.

## **School Premises**

Staff will encourage pupils to drink water and ensure there are regular breaks for them to do so. Water bottles brought in from home can be refilled if necessary. Water fountains are located across the school for access to drinking water.

Staff will make a judgement as to the temperature of classrooms and make internal arrangements to teach in cooler areas where possible. All doors and windows will be opened to provide an airflow breeze and classroom blinds will be drawn.

## **Off School Premises**

When off site, for example, school trips or our annual Sports Day, arrangements will be made for children to have access to drinking water. There will also be opportunities for "Shade Time".

Extreme weather will be considered when Risk Assessments are created, citing specific procedures if necessary.

## **Staff and Parents**

Grand Avenue encourages all adults to act as good role models by practicing sun safety. Reminders about keeping safe in the sun will be shared with children, staff and parents through newsletters, assemblies, posters and parents meetings.

## **Medical Needs**

Pupils with Asthma, breathing difficulties or other relevant health conditions will be asked to avoid physical activities in extreme heat.

In rare cases, extreme heat can cause heatstroke. Symptoms to look out for are: Cramp in arms, legs or stomach, feeling of mild confusion or weakness.

If anyone has symptoms, they will be asked to rest for several hours, keep cool and drink water. If symptoms get worse or do not go away, medical advice will be sought from NHS Direct (111)

If a member of staff or pupil has become seriously ill due to the effects of too much sun an ambulance may be called. 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.
- Do not give them aspirin or paracetamol.

## **Review**

Grand Avenue will consult relevant professionals to advise the school on sun safety. For example: school nurse, dermatologists, health promotion officer.

This policy will be regularly reviewed and updated in accordance with Local and National guidance.

Dear Parents and Carers,

**SUN SAFETY**

As the fine weather is fast approaching we would like to ask for your support in helping protect your child when outdoors.

Our school is concerned about protecting children from skin damage that can be caused by being out too long in the sun. We are putting in place measures to ensure children avoid sunburn and overexposure to the sun. We ask for your help and support in this important area of school life.

Please could you

- Provide a hat for your child to wear in school. Ideally the hat should be legionnaire style or wide brimmed.
- Encourage your child to apply sunscreen each morning before they come to school.
- Show your child how to apply their own sunscreen.
- Provide a sunscreen for your child to apply during the school day. It is recommended that the sunscreen be hypoallergenic and factor 15+, we also ask for the non-aerosol variety.
- Ensure that hats and sunscreen are clearly labelled with your child's name and, if possible, their class.

In school we will be ensuring that the children use shaded areas as much as possible during break times.

Staff will also remind children to apply sunscreen before break times and after swimming lessons. Your child will be asked to store their sunscreen in their PE bag or an allocated box in the classroom.

Please be advised however that while members of staff will supervise the application of sunscreen they cannot be asked to apply sunscreens to pupils, except in exceptional circumstances such as a special need. Please discuss this with your child's teacher.

The children will be asked to apply their own sunscreen inside school and no swapping of sunscreens will be permitted. If your child has any allergies or skin sensitivities you may want to check with your GP before providing a sunscreen.

Thank you for your support

Ms A McKenna  
(Deputyhead)