

# Sun Safety Policy



## Introduction

Too much exposure to ultraviolet (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. Schools play an important part in protecting children's skin, because:

- Children are at school 5/7 days of the week and at times when the UV rays are high
- Most damage due to sun exposure occurs during school years
- Schools can play a significant role in changing behaviours through role modelling and education
- Skin cancer is largely preventable through education, behaviour modification and sun protection during early years.

At Grangetown Primary School we want staff and pupils to enjoy the sun safely. We will achieve this by raising awareness, through education and by implementing a series of procedures designed to protect children from possible harm.

## Curriculum

- All pupils will have at least one sun smart lesson per year.
- Additional lessons will be planned and led in the annual 'Stay Safe, Stay Healthy Week'.
- All parents/carers will receive reminders, by letter and text, before their children take part in activities and playtimes outdoors, on especially sunny days when there is a risk of harm from UV.
- All pupils will be verbally reminded, before taking part in activities and playtimes outdoors, to wear protective headwear, apply sun cream etc.
- Parents and carers will receive reminders about sun protection at the beginning of the summer term or during periods of sunny, hot weather, in our weekly parent update (and by separate letter if deemed necessary).

## **Protection**

- Children will be encouraged to sit in shadier areas in the playground and on the field (parasols are used at tables on the playground)
- Should there be periods of extended hot, sunny weather, children will go outside to play over lunchtime for a limited period only. In extreme weather, children will be brought indoors.
- Additional shade (e.g. gazebos) will be provided for extended session outdoors e.g. sports days.

## **Clothing**

- Children will be encouraged to bring sun hats to school to wear at playtimes, during visits and during any outdoor activities
- Children may bring sunglasses to wear outdoors on bright days.
- Children will be reminded that vest tops are not to be worn for PE lessons – t-shirts should be worn with sleeves which cover the shoulders.

## **Sun Screen**

- Parents and carers are encouraged to apply sun screen to children before they come to school on hot, sunny days. This should be a minimum of SPF 15, ideally higher.
- Parents and carers should teach their children how to apply sun screen themselves.
- Children will be encouraged to re-apply sun screen themselves prior to going outside for playtimes and lunchtimes. Staff will supervise this, depending upon the age and ability of the children.

## **Collaboration**

- The school will aim to work with parents, carers and the wider community to reinforce awareness about sun safety and promote a healthy school.
- This policy has been developed using the Cancer Research UK Sun Smart Guidelines for Primary Schools.

## **Review**

- The Governors and staff will monitor and review this policy every two years.
- Next Review: September 2016.

