

# Sun Safety Policy

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## Yew Tree Primary School



<b>Date of Policy:</b>	February 2024
<b>Responsibility:</b>	Senior Leadership Team
<b>Review Date:</b>	February 2027
<b>Consultation:</b>	This policy was reviewed in consultation with parents, staff and governors using guidance available from Cancer Research UK.

### ETHOS STATEMENT

It is the aim of the Governing Body of Yew Tree Primary School to develop policies and procedures which support the school's vision of:

***“Learning Without Limits”***

### 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.
- Children and teachers are at risk of sunburn within 10-15 minutes of being exposed to strong sunlight.
- Children 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.

## **The main elements of this policy are:**

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

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

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

### **PARTNERSHIP**

- Sun safety will be promoted through working with parents/carers, 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.
- Relevant professional (school nurses and health promotion officers) will be invited into the school periodically to advise the school on 'sun safety'.

### **EDUCATION**

- There will be a special assembly dedicated to 'Sun Safety' annually. This will emphasise the 5 S's of Sun Safety including:
  - SLIP, SLOP, SLAP, SEEK, SLIDE - to SLIP on a t-shirt, SLOP on the sunscreen, SLAP on a hat, SEEK shade or shelter, SLIDE on the sunglasses.
- 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/Carers and staff will be asked to support this policy by encouraging children to adopt the Slip, Slop, Slap... message and act as role models by protecting themselves from sun exposure.
- Children will be encouraged to use the shaded areas of the school during playtimes.

### **PROTECTION**

#### **Shade:**

- The school playground has shade provided either by the school building, outdoor shelter(s), trees and/or we can make use of temporary structures i.e. gazebos, etc for use on sports days and other outdoor events.
- Children will be encouraged to use the shaded areas of the school during playtimes when appropriate. This includes opportunities for indoor activities, e.g. DVDs.
- We will make sure that, during times of extreme weather, children complete PE lessons inside to minimise exposure to the sun.
- EYFS will utilise shade to provide sufficient shade for children accessing outdoor provision during times of peak sun.

#### **Clothing:**

- The children will be encouraged to wear clothes that provide good sun protection.
- The children will be encouraged to bring hats to protect their face, ears and back of their neck during certain times of the year as well as UV protective sunglasses. Staff will remind them to wear these when they are available in school.
- The school uniform options provide a sufficient range of items to keep children cool, e.g. trouser shorts, t-shirts. However, during times of extreme weather, school may take the decision to relax the uniform policy and allow children to wear other clothing items. This decision is entirely at the discretion of the Senior Leadership Team who shall communicate it to parents.

**Sunscreen:**

- Children are encouraged to apply sunscreen (sun cream) to cover exposed areas of skin before attending school each day. Parents/carers are advised to choose a sunscreen with an SPF of at least 15 which is also labelled broad spectrum (ideally 3-4 star rating) to protect from UVA and UVB rays.
- Whilst sunscreen is not a medicine, Yew Tree does not consider it to be appropriate to request that staff are asked to apply this to individuals throughout the day. However, during times of extreme temperatures or prolonged sun exposure, e.g. school trips etc, children will be allowed to bring in a labelled bottle of sun cream which they can apply independently.
- Ideally, we would ask parents to send children with sunscreen 'sticks' rather than creams.
- If sunscreen is brought into school, the children will not be allowed to swap, share or use each other's sunscreen. They will be responsible for applying this and, whilst staff may remind them when to do this (especially during periods of extreme weather), Yew Tree accepts no responsibility if this isn't applied correctly and areas are missed. Therefore, the school will continue with preventative measures outlined above to limit children's exposure to the sun.
- If children have identified needs which mean they will require some support in applying sunscreen, parents should put in a request to the Head Teacher who will consider this on a case by case basis.

**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 and they have free access to water coolers/refill stations throughout the day at school.