



SUMMERLEA CP SCHOOL

SUN POLICY

Sun Safety Policy

Aims

The aim of this sun safety policy is to protect children and staff from skin damage caused by the effects of ultraviolet radiation from the sun. The success of this health promotion will be more successful when an integrated whole school approach is adopted.

The main elements of this policy are:

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

This school believes in Sun Safety

To ensure that children and staff are protected from skin damage caused by the harmful ultra-violet rays in sunlight.

As part of the Sun Safety policy, our school will:

- educate children throughout the curriculum about the causes of skin cancer and how to protect their skin;
- encourage children to wear clothes that provide good sun protection.
- hold outdoor activities in areas of shade whenever possible, and encourage children to use shady areas during breaks, lunch-hours, sports and trips. Sunbathing is definitely discouraged.
- work towards increasing the provision of adequate shade for everybody.
- encourage staff and parents to act as good role models by practising sun safety;
- regularly remind children, staff and parents about sun safety through newsletters, posters, parents' meetings, and activities for pupils.
- invite relevant professional (school nurses and health promotion officers to advise the school on sun safety'
- make sure the Sun Safety Policy is working. We will regularly monitor our curriculum, assess shade provision, and review the sun safety behaviour of our young people and staff (use of hats, shade etc).

Suggestions to help cope with hot weather

- Children are encouraged to wear sunglasses that block 99-100 percent of both UVA and UVB rays. Ideally these sunglasses should have playground-proof lenses. Pupils to wear wide brimmed hats, ideally legionnaire style when outside.
- Pupils should wear sunscreen, at least SPF 25, ideally the sunscreen should be labelled 'broad spectrum' or has at least 4 stars, meaning that it offers protection against UVA and UVB rays. Parents whose children are allergic to sunscreen should either try to find an alternative or ensure that their child is adequately covered with long sleeved, long legged clothing. Pupils should not share sunscreen.
- Teachers should make a judgement as to the temperature of classrooms and make internal arrangements to teach in cooler areas where possible.
- Teachers should encourage pupils to drink water and ensure there are regular breaks for them to do so.
- Where possible, all doors and windows should be opened to provide a through breeze & class room blinds should be drawn.
- 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.
- Annual Sports' Day will be determined by preceding days' climate. Again, children spectating should not do so for more than 20 minutes at a time.
- Pupils on school trips and residential trips – Staff organising trips will ensure parents are reminded to bring hats and sunscreen for pupils on residential trips. Staff will remind pupils to apply sunscreen each morning.
- Pupils with Asthma, breathing difficulties or other relevant health conditions should avoid physical activities
- Parents/carers and children must be encouraged to follow these procedures at home
- Staff must also ensure they drink water regularly and take precautions against the high temperatures

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.

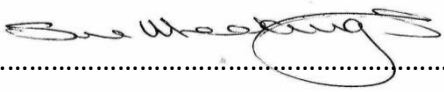
- If anyone has these symptoms, they should rest for several hours, keep cool and drink water or fruit juice.
- If symptoms get worse or don't go away medical advice should be sought. NHS Direct is available on 0845 4647

**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.

This policy was approved by the governing body of Summerlea Community Primary School

in:May 2021.....

Signature of Chair of Governors:

Signature of Headteacher:
.....*Helen Morris*.....

May 2021

Policy Review Form

Please complete this section when reviewing and updating this document.

<i>Author</i>	Name	Date
	Jo Maxted	July 2015

<i>Reviews</i>	Name	Review Period <i>(to be carried out bi-annually)</i>
	Jo Maxted	September 2017
	Jo Maxted	September 2019
	Jo Maxted	May 2021

<i>Information Source</i>	Name	Date
	Cancer Research UK	July 2015
	Sun Safety for Kids	July 2015
	Skin Cancer.org	October 2012