



## Safe Sun Policy

The aim of our sun safety policy is to protect children and staff from skin damage by the effects of ultraviolet radiation from the sun while maximising opportunities for exercise, sharing, playing and outdoor learning during the school day.

We believe as with most things, this policy is about teaching the children to look after themselves and understanding the short and long term impact on their bodies and learning capacity of not being safe in the sun.

### The main principles behind 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 raise and reinforce awareness of sun safety and to promote a healthy school.

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

- Teach children throughout the curriculum about keeping safe in the sun with appropriate clothing, use of sunscreen and keeping hydrated.
- Encourage children to wear clothes that provide good sun protection.
- Hold outdoor activities in areas of shade wherever possible and encourage children to use shaded areas during breaks, lunch hours, sports and trips.
- Make use of canopies directly outside suitable classrooms to provide shade during both learning and playtime.
- Encourage staff and parents to act as good role models by practicing sun safety.
- Regularly remind children, staff and parents about sun safety through social media, assemblies and activities for pupils.
- The school will provide fresh drinking water facilities for pupils and staff to access during the school day.

### Suggestions for thriving & learning during hot weather

- Pupils should be encouraged to wear hats when outside.
- Pupils should wear high factor sun cream and this should be applied before coming to school.
- Teachers should be aware of the classroom temperature and ensure a conducive learning environment whenever 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. Heat from direct sunlight can be reduced by closing blinds and curtains.
- 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 30 minutes when children should be taken to shade and given time to rest and drink water.
- Staff leading Sports Day will take note of excessive heat and sunshine forecasts as well as wet or cold conditions when decision making.
- Children will be seated under gazebos or similar shaded shelters during sports day activities.
- Pupils with Asthma, breathing difficulties or other relevant health conditions should avoid physical activities during periods of hot weather.
- Parents/carers and children must be encouraged to follow these procedures at home.

## **The role of school staff**

- To encourage parents to provide pupils with their own sun cream for use on sunny days.
- Encourage parents to ensure that their children have appropriate cover up clothing such as hats, T-shirts and cardigans.
- Encourage children to use shaded areas in the playground where possible.
- Encourage pupils without cover up clothing to stay in the shade.
- Encourage staff and pupils to be role models for younger pupils.

## **The role of the parents**

- Parents are asked to support and encourage the school sun safety policy.
- Parents should provide drinking water in a suitable bottle or flask and encourage their child to drinking it routinely and regularly.
- Parents are to apply appropriate SPF of 30 or greater sunscreen prior to attending school.
- Parents are asked to set good examples by adopting safe sun habits.