



# Sun Safety Policy

**BLEAN PRIMARY SCHOOL**

**Headteacher: Mr I Rowden**

**Chairs of Governors: Mr H Samuelson**

## **Rational**

Too much exposure to ultraviolet light (UV) radiation from the sun causes sunburn, skin damage and increase the 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.
- Students and teachers are at risk of sunburn within 10-15 minutes of being exposed to strong sunlight.
- Students can spend up to 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 element of this policy is:

- Partnership: working with parents/carers, governors 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, 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.

## **Education**

- Annually a special assembly will be dedicated to 'Sun Safety'. This will emphasise the 5 S's of Sun Safety including: SLIP ON A T-SHIRT, SLOP ON THE SUNSCREEN, SLAP ON A HAT AND SEEK SHADE, SLIDE ON 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 and Guardians will be asked through letters/newsletters to support this policy by encouraging their children to adopt the Slip, Slop, Slap, Seek Shade and Slide message and act as role models.
- Children will be encouraged to use the shaded areas of school during playtimes.

## **Protection**

### **Shade:**

- The school playground has shade provided either by the school building, outdoor shelter, trees and we have 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.

### **Clothing:**

- The children will be encouraged to wear clothes that provide good sun protection ensuring shoulders are covered for P.E and sports day.
- The children will be encouraged to wear hats to protect their face, ears and back of their neck.
- We will encourage pupils to keep bring hats in school every day (between March and end of September) and ensure they are easily accessible.

### **Sunscreen:**

- Children should have their own suncream in school and will be responsible in applying this.
- Suncream use will be encouraged on days when the sun is strong during the summer at lunch breaks, during PE lessons and on school trips and residential trips.
- We cannot currently supply suncream to all pupils on a daily basis because of cost but suncream will be made available in case children forget their own. It is the responsibility of parents to inform school if they do not want school sunscreen used.

### **Drinking Water:**

- Children are encouraged to increase their water intake in hot weather and are encouraged to drink water during break time and lunch times. Every child should bring a filled water bottle to school daily.