

## Stedham Primary School Sun Protection Policy



Whilst we recognise that some sun is good for us, Sun Safety is an important health and safety issue for schools. Children spend almost half their childhood at school, with approximately 8 hours per week spent outdoors. During the warmer months of the year children are exposed to UV radiation from the sun, the majority of which is when UV penetration is at its strongest (between 11am and 3pm). Without adequate protection, a child's delicate skin can easily burn, causing accumulative and irreparable damage. This can significantly increase their risk of developing skin cancer in later life.

Skin cancer is the most common cancer in the UK with rates of the disease rising faster than any other cancer. Sun exposure in the first 15 years of life contributes significantly to a person's lifetime risk of skin cancer highlighting the importance of schools and parents working together, to increase knowledge, influence behaviour, ensure children are protected against UV and learn how to enjoy the sun safely. 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 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 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 spend an average of 1.5 hours outside per day, more if involved in sports or outdoor activities.
- Skin cancer is largely preventable through behaviour modification and sun protection during early years

At Stedham Primary School we want staff and pupils to enjoy the sun safely. We will work with staff, pupils and parents to achieve this by raising pupil and parent awareness.

We will achieve this by implementing these measures:

### **Curriculum**

- We will talk about how to be 'sun smart' in assembly in the summer term.
- Parents and guardians will be sent a letter explaining what the school is doing about sun protection and how they can help, in the summer term
- Sun safety lessons will be included in the PSHCE curriculum.

### **Protection**

- Shade - children will be encouraged to sit in the shade in the playground, especially if they do not have a sun hat.
- The availability of shade is considered when planning excursions and all outdoor activities.

### **Monitoring UV**

We are committed to monitoring UV levels daily during the warmer months to ensure appropriate sun safety measures are implemented when necessary.

## **Clothing and Hats**

- Children should bring named sun hats (broad rimmed, legionnaire or bucket style, not baseball caps) to school to wear at playtimes and during outdoor PE lessons from April through to September. Ideally these should be kept in school.
- Children may bring sunglasses to school to be worn outdoors on bright days.
- Sports tops must not include vest tops.
- Thought should be given to clothing being protective during the summer months on non-uniform days.

## **Sun Screen**

- We will send letters home asking for children to bring in their own (quality) sunscreen during the summer months to self-apply when UV levels reach 3 or above
- Parents are asked to teach their children how to sensibly use and apply their own sunscreens and will clearly label them and put them in their child's bag for their own use.
- Parents are asked to apply sunscreen each morning before coming to school.
- Sun screen use will be encouraged on school trips and for outdoor PE lessons.
- A practical approach toward the application of sunscreen will be taken, with assistance provided only where necessary, unless otherwise instructed by a parent.

## **Collaboration**

The school will aim to work with the whole school community to reinforce awareness about sun safety and promote a healthy school through a range of channels such as our website, newsletters, text messages and emails, assemblies and staff meetings.

## **Role Modelling**

We expect all staff to role model good sun safety behaviours such as applying sunscreen when UV levels reach 3 or above. Staff are expected to consider UV forecasts and sun protection when planning outside learning or school trips during the warmer months.

This policy has been developed using the Sun Safe Schools Guidelines. It will be reviewed and monitored regularly to ascertain its effectiveness and the policy will be updated on an annual basis in line with our Sun Safe Schools accreditation.

Policy adopted by Stedham Primary School: July 2017

Reviewed: April 2019

Date of next review: April 2020



## Appendix 1

### Advice for Teachers and Support Staff on Pupil's Application of Sun Screen

Under the terms and conditions of their contracts, school staff are not required to administer medicines or to give first aid to pupils. There is however no legislation that prevents teachers and support staff from administering sunscreens where other controls cannot provide protection, but this would be on a purely voluntary basis. Teachers will use their professional judgement to decide whether or not they volunteer to administer sunscreen.

Where, through risk assessment, it has been decided that all other control measures such as limiting exposure and use of shade, are either inadequate or unavailable and the use of sunscreen to provide protection cannot be avoided, the following advice must be considered:

- The protective effect of sunscreen products is reduced over time, as the sunscreen is absorbed and / or rubbed off
- Sunscreen applied before school, generally, provides insufficient protection for a whole day, unless specific long-life creams have been used
- Most children will be able, with some direction, to apply sunscreens themselves, self-application is recommended. This prevents allegations of abuse and encroachment into learning time
- Dermatologists recommend that a sunscreen with a sun protection factor (SPF) of 15 or above, and capable of protecting against UVA and UVB spectra, will provide children in this country with adequate protection.

Sunscreens should not be used to prolong the amount of time spent in the sun but as a form of protection when other measures are unavailable or impractical, or when additional protection is required.

At school this would include:

- Outdoor breaks, particularly lunch breaks
- PE or other outdoor lessons
- Sports day
- Educational visits

Where the decision has been made to use sunscreen as a control measure, it will be necessary to ensure that they are applied correctly: teachers need to advise pupils to:

- Use about a dessert spoon of the cream / lotion (sufficient for a child, the equivalent for babies and adults is about a teaspoon and tablespoon respectively).
- Spread it evenly over the exposed areas of the body (face, neck, arms and legs) with particular attention to those areas that burn easily such as the ears and neck.