



# Sun Protection Policy

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Prepared by T Hill, June 2017

Version	Date	Reviewed by	Date of next review	Comments
1.0	June 2017			
1.1	June 2018	TH/AC	Spring 2021	
1.2				

## **Rationale**

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
- 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 day, more if involved in sports or outdoor activities.
- Skin cancer is largely preventable through behaviour modification and sun protection during early years.

At Kingslea Primary School, we want staff and pupils to enjoy the sun safely. Therefore, we work with staff, pupils and parents to achieve this by raising pupil and parent awareness. The school uses advice and resources from the Cancer Research UK Strategy – SunSmart.

## **Implementation**

We will achieve this by implementing these measures:

### **Curriculum**

- We will talk about how to be SunSmart in assemblies, when appropriate.
- Parents and guardians will be sent information explaining how they can help, at the beginning of the Summer term, or earlier if necessary.

### **Protection**

- Shade – children will be reminded about sitting in the shade in the playground and field.
- When necessary, we will use the inside school area to provide shade.
- Sun shades (natural and manmade) will be available for children to sit under.
- The availability of shade is considered when planning excursions and all outdoor activities.

### **Clothing**

- Children should bring sun hats to school to wear at playtimes and during outdoor PE lessons in the Summer term.
- Children should wear T-shirts which cover their shoulders for PE lessons.
- Sports tops should not include vest tops.
- All teachers, teaching assistants and lunchtime supervisors will be encouraged to wear hats when on playground duty and during sports lessons, when necessary.

### **Sunscreen**

- Sunscreen use will be encouraged on school trips and for outdoor PE lessons.
- Where possible, parents/children are encouraged to apply a long-term sunscreen before school.
- Children may bring their own sunscreen and apply it themselves.
- Children may only use their own sunscreen, which must be clearly labelled.
- Teachers will not apply sunscreen to any children.
- Parents are asked to teach their children how to sensibly use and apply these screens and will clearly label them and put them in their child's bag for their own use.

**Role Modelling**

Encourage staff to act as role models by:

- Wearing protective hats, clothing and sunglasses when outside.
- Apply SPF 15+ sunscreen.
- Seek shade whenever possible.
- Encourage children to drink plenty of water throughout the day and stay hydrated.

**Collaboration**

The school will aim to work with parents, governors and the wider community to reinforce awareness about sun safety and promote a healthy school.

**This policy has been developed using the Cancer Research UK SunSmart Guidelines for primary schools.**