

Nancledra School



SUN SAFETY POLICY

This policy has been compiled with advice from <http://www.sun-safe.org> and Cancer Research UK

This policy was agreed by governors on; **9th March 2021**

The policy will be reviewed every 2 years

RATIONAL

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 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 spend an average of 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.

At Nancledra 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.

The main elements of this policy are:

- Partnership: working with parents/carers, governors, our school nurse 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.
- Relevant professional (school nurses and health promotion officers) will be invited into the school periodically to advise the school on 'sun safety'.

EDUCATION

Annually a special assembly will be dedicated to 'Sun Safety'. This will emphasise the 5 S's of Sun Safety including:

- SLIP SLOP SLAP SIP - to SLIP ON A T-SHIRT, SLOP ON THE SUNSCREEN, SLAP ON A HAT, SIP WATER
- At appropriate times during the year children will be reminded through our assemblies about 'How to be Sun Safe'.
- Sun safety will be included in the PSHE curriculum.
- Parents and Guardians will be asked through letters/newsletters to support this policy by encouraging their children to adopt the Slip, Slop, Slap, Sip message and act as role models.
- Children will be encouraged to use the shaded areas of the school during playtimes.

PROTECTION

Shade:

- The school playground has shade provided either by the school building, outdoor shelter(s), trees and/or 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:

- Children should bring sun hats to school to wear at playtimes and during outdoor PE lessons in the summer term.
- Children may bring sunglasses to school to be worn outdoors on bright days
- Children will wear T-shirts which cover their shoulders for PE lessons or long sleeves for playtime.
- All teachers, teaching assistants and lunch-time supervisors will be encouraged to wear hats when on playground duty and during sports lessons, when necessary.

Sunscreen:

- Pupils will be provided with sunscreen (minimum SPF 30, 4 star UVA) to apply themselves when appropriate and used on or off site for any prolonged outdoor school related activities.
- With permission from parents school staff may assist children to apply sunscreen to face, hands, arms and neck

Drinking Water:

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