



Cwm Glas Primary **Safe Sun Policy**

Aims

- To present information to parents and children about enjoying the sun safely.
- To encourage children to take responsibility for their own safety based on a clear knowledge and understanding of the dangers.
- To incorporate the knowledge of sun care in to other curriculum areas and discussion opportunities.
- To make the children aware of areas within our school environment which provide shade.
- To make children aware of the dangers of the sun and how to protect themselves against these when in other settings away from school, eg. Visits out and residential visits.

Introduction

Sunshine makes the world a pleasant place to live and we all want to be outside enjoying sunny weather. We also must recognise that dangers from the sun can happen on cloudy days too.

The U.V. rays from the sun can be harmful, particularly to young children's skin and eyes. The heat from the sun can also cause dehydration and sun stroke.

Why have a sun safe protection policy?

Schools have a responsibility to ensure that pupils are protected from overexposure to UV rays from the sun, and the National Institute for Clinical Excellence (NICE) guidelines for skin cancer prevention (2011) recommend that schools "develop, implement and monitor a specially tailored policy to ensure people are protected as much as possible". This is particularly important when engaging in school based activities such as sports days, outdoor PE lessons, outdoor excursions and water sports, where the potential for sunburn is higher. Although fair-skinned people have a higher risk of sun damage, sun protection is relevant to everyone. Developing a sun protection policy is also an important step towards encouraging good health in line with national healthy schools programmes.

Guidance

Always be prepared for the likelihood of the sun's rays causing harm.

To prevent this:

- Wear suitable clothes, covering up most of the skin, particularly shoulders and neck.
- Wear hats which cover the head and neck. (these can be brought into school to wear during playtimes and during PE sessions).
- Parents are encouraged to apply high protection sun cream, preferable no lower than SPF 25 before school. This will last all day as long as the child does not wash it off. (Sun cream must not be administered by staff.) In the event of children being on a residential visit, parents are encouraged to teach their children how to apply sun cream to themselves, children are then reminded to do this during the visit.
- Sun cream of SPF 25 is available in school, and children are encouraged to apply this to faces and exposed areas if they are not currently wearing sun cream.
- Children are encouraged to drink plenty of fluids, preferably water, which is always available in school.
- When very hot, teachers are advised to take regular short breaks throughout the day



rather than keep children outside for prolonged periods e.g. the whole of playtime or lunchtime.

- Children are encouraged to seek shady places to sit if the sun is very bright and hot.
- Teachers should take great care when keeping children outside for prolonged PE activities when the sun is very bright and hot. Lessons may be shortened or combined with periods in the school hall.
- Staff must also be mindful of long-term exposure when taking children offsite as this should be considered as part of the risk assessment prior to the visit taking place.
- Reminders will be sent via text and Twitter about applying sun cream and wearing sun hats throughout the summer
- Sun smart assemblies at the beginning of summer reinforcing the Slip, Slap, Slop message (slip on a t-shirt, slap on hat, slop on the sun cream)
- Letter to be sent home at the beginning of the Summer term outlining safe sun messages. (example letter attached below)

This policy was agreed on _____

By _____ Head Teacher

By _____ Teacher

By _____ Governor

By _____ Pupil

By _____ Non-teaching member of staff

This policy will be revised every 3 years or sooner if the need arises.

Policy review date: March 2019



Dear Parent/Carer,

Now the summer term has started I wanted to write and tell you about our new sun protection policy. We have developed this with the help of parents, teachers and pupils to ensure that we can all enjoy the sun safely over the coming months.

Young people's skin is particularly vulnerable to damage from the sun's UV rays during the summer term. Our pupil's health and well-being is very important to us, which is why we have decided to:

- include sun protection discussions in PHSE classes and assemblies
- encourage children to find shade in the school grounds
- encourage staff and pupils to wear sun hats and glasses

You can help by:

- applying a long lasting sun cream of factor 25+ to your child in the morning
- sending your child to school with a wide brimmed hat or peek cap

Together I hope we can have a very happy and safe term to come!