



Sun Safety Policy

Approved by the headteacher body on: 8th July 2022

To be reviewed on: November 2025
A.Mason

Signed by the headteacher: _____

Introduction

We believe it is important to raise awareness of why our children need sun protection. We recognise that some sun is good for us but over-exposure to Ultraviolet Radiation (UVR) is an important safeguarding issue.

Sun exposure in the first 15 years of life significantly contributes to a person's lifetime risk of developing skin cancer, highlighting the importance of increasing knowledge and influencing behaviours, ensuring children are protected against UVR and learn how to enjoy the sun safely.

This policy sets out how we protect children from the sun, educate about sun safety and how we collaborate with Parents/Carers and the wider community to reinforce awareness about sun safety.

Curriculum

We are committed to educating all pupils annually about safe and unsafe exposure to the sun. These measures are in place:

- All pupils will receive at least one lesson per year about the importance of sun protection.
- We will talk about how to be 'Sun Smart' in assemblies and PSHE lessons.
- Educational resources such as Sun Safe Schools national accreditation programme will be used to enhance children's learning.
- We will encourage all children to wear appropriate sun hats when outside and sunny. If children do not have a hat in school then we have spare hats for them to wear.
- Parents/Carers are encouraged to supply their children with sunscreen and hats when the weather is hot.
- Any trips which take place in Spring 2 and the Summer term will remind Parents/Carers to apply sunscreen, provide a hat and supply plenty of water.
- Sun protection is considered in off-site visit risk assessments.
- Water is available to the children at all times and children are encouraged to drink regularly throughout the day to avoid dehydration.

Parents/Carers will be sent a letter explaining what the school is doing about sun protection and how they can help each Spring. This will explain that children may bring sunscreen to school with them, ensuring it is named and that children understand that they must only

apply this to themselves and cannot share with other children. Parents/Carers are asked to ensure that their child has had sunscreen applied before coming to school, but children will be permitted to reapply sunscreen at lunchtime if needed. Parents/Carers are reminded of the need to supply a sun hat which should remain in school where possible.

A letter, text, email or section of our newsletter will remind Parents/Carers about our sun protection policy each year.

Teaching and Learning

Teachers take into consideration the following things when planning lessons: When the sun is strong we will encourage pupils to learn/play in the shade where it is available; seats and equipment are moved to shady areas where possible.

During learning time if completing learning in the Outdoor Area, children will be asked to go spend time inside as well as outside to limit sun exposure. Organised activities make use of the shade available. When hot weather warnings are given out, Leaders will assess the safety of children being outside and where necessary reduce time spent in the sun. Staff actively role model good sun safety behaviours such as wearing a sun hat when UV levels are high.

Clothing

Clothing is one of the most efficient barriers between our skin and the sun and should always be considered as the first line of defence against UV exposure. Ideally, clothing should cover as much skin and possible. Through regular reminders to Parents/Carers, teachers and children, we request that:³ When outside in sunny weather, children should wear hats that adequately shade the face, neck, ears and cheeks, where possible. Baseball caps are not recommended as they do not provide shade to the neck, ears or cheeks, although can be worn whilst outside.

Pupils are encouraged to wear tops and dresses that cover their shoulders (as per our school uniform policy). Our PE uniform consists of t-shirts and shorts for comfort and protection in the sun. Pupils are allowed to wear UV protective sunglasses, especially if they are hay fever sufferers.

During PE lessons, a dynamic risk assessment will be completed by the teacher as to whether it is safe for the protective sunglasses to be worn. All teaching and non-teaching staff and are encouraged to wear hats when on playground duty and teaching outdoors on sunny days for their protection and to act as role models for the pupils.

Timetabling

In Spring 2 and the Summer term, we aim to schedule outside activities, school trips and PE lessons when the children will not be in direct sunshine or where adequate shade is available. If this is unavoidable we will ensure hats are all worn to prevent sunburn. Children will be allowed and encouraged to take their water bottles outside and staff will encourage them to increase their water intake during lunchtime and break time. Children will also have water bottles fully available throughout their learning time.

Sunscreen

Sunscreen should be applied to areas of exposed skin that are not covered by clothing to protect it from Ultraviolet radiation. Without adequate protection, a child's skin can easily burn, causing cumulative and irreparable damage. This can significantly increase their risk of developing skin cancer later in life. Sunscreen use will be encouraged on days when the sun is strong during summer by reapplying in lunch breaks when necessary.

We advise Parents/Carers to choose a sunscreen with an SPF of at least 30. Sunscreen should be labelled 'broad-spectrum' to protect from UVA and UVB rays. Sunscreen will ideally be labelled with a UVA star rating with a minimum of 4 stars to ensure a high level protection against UVA. Once a day sunscreens can be utilised and provide protection during the school day but this may not provide adequate protection, particularly for Reception Class who spend large periods of the day outside, however, it may provide protection for children who cannot apply sunscreen themselves. Staff will not apply sunscreen, so this should only be sent to school if children can apply this themselves.

Communicating our Policy

All staff are made aware of this policy and the importance of sun protection within the school environment at staff meetings and key stage meetings. We communicate our policy with Parents/Carers through our website, newsletters, letters and social media.