



Sun Protection Policy



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 Brunton First 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.

Implementation

We will achieve this by implementing these measures-

Curriculum

- All pupils will have at least one Safe in the Sun lesson per year.
- We will talk about how to be SunSmart in assemblies at the start of the summer term.
- Parents and guardians will be informed via newsletters explaining what the school is doing about sun protection and how they can help, during the summer term
- Sun safety is part of our PSHE curriculum.

Protection

- When the sun is strong we will encourage children to sit/play in the shade where it is available.
- Sun shades (natural and man-made) will be reviewed to enable 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 may bring sunglasses to school to be worn outdoors on bright days
- Children should wear T-shirts which cover their shoulders for PE lessons.
- All teachers, teaching assistants and lunch-time supervisors will be encouraged to keep themselves safe in the sun when on playground duty and during sports lessons.

Sun Screen

- Parents should apply sun screen before children come to school and preferably use a long lasting sun screen.
- Sun screen use will be encouraged on school trips and for outdoor PE lessons.
- Children are expected to bring their own sun screen and apply it themselves.
- Children may only use their own sun screen and must not apply it to anyone but themselves.
- Parents are asked to teach their children how to sensibly use and apply sun screen.
- **Teachers will not apply sun screen to any children.**
- Reminders will be given in newsletters during the summer term.

Role modelling

Encourage staff to act as role models by:

- Wearing protective hats, clothing and sunglasses when outside
- Apply SPF 15+ sunscreen
- Seek shade if outside with the children whenever possible

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.

Review

The Governors and staff will monitor and review the policy every two years.

Date approved by governors: Apr 21

Date to be reviewed: Apr 23