

SUN SAFETY



SUN SAFETY Archibald First School

Rationale

At Archibald First School we hope staff and pupils will enjoy the sun safely whilst respecting the need to protect against its potentially harmful effects. Without adequate protection, a child's delicate skin can easily burn, causing cumulative and irreparable damage. This can significantly increase their risk of developing skin cancer in later life. Skin cancer is the most common cancer in the UK with rates of the disease rising faster than any other cancer. Sun exposure in the first 15 years of life contributes significantly to a person's lifetime risk of developing skin cancer, highlighting the importance of schools and parents working together to increase knowledge and influence behaviours, ensuring children are protected and learn how to enjoy the sun safely. Our policy draws on guidance from the NHS, DfE and the sun safety charity SkCin (<https://www.sunsafeschools.co.uk/about/>)

Aim

The aim of this sun safety policy is to ensure parents, staff and children are all aware of the need for sun safety to protect themselves from skin damage from harmful ultraviolet rays in sunlight. This policy outlines our commitment to:

- **PROTECTION:** Providing an environment that enables children and staff to stay safe in the sun.
- **EDUCATION:** Learning about sun safety to increase knowledge and influence behaviour.
- **COLLABORATION:** Working with parents, the management structure and the wider community to reinforce awareness about sun safety.

Implementation

1. Clothing

Clothing is one of the most effective barriers between our skin and the sun and should always be considered the first line of defence against UV exposure. Ideally clothing should cover as much skin as possible. Shoulders should always be covered as they can easily burn.

Parents are encouraged to send their child into school with a either broad-brimmed or bucket style hat to adequately shade the face, neck, ears and cheeks. Baseball caps are not recommended because they do not provide shade to the neck, ears or cheeks. Whilst we do not recommend

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baseball caps, they are still better than no hat at all! However extra care should be taken to protect the neck, ears and cheeks with sunscreen, as these areas can easily burn.

Children will be reminded during hot weather to remove their jumpers and cardigans to prevent overheating.

2. 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 delicate skin can easily burn, causing cumulative and irreparable damage. This can significantly increase their risk of developing skin cancer in later life.

Sunscreen must be provided by the parents/carers and should be:

- Labelled 'Broad-Spectrum' to provide protection against both UVA and UVB.
- A minimum Sun Protection Factor (SPF) 30
- Checked to ensure it is still within its expiry date
- Applied liberally before school by parents/carers

As 12 hour sun-screen is now widely available on the market, school recommends that this is used by our families prior to the school day.

Children can bring in their own sunscreen to reapply during the day. This should be a labelled bottle and kept in their bag. They must be able to apply this themselves and must not share their cream with other children. If they have their own sun screen in school, this can be reapplied at the start of the lunch break only.

No staff member will apply children's sunscreen directly for any year group.

3. Environment

As a school we will:

- Provide shady areas in the outdoor spaces as part of our OPAL provision.
- Encourage children to use the shady spaces when there are prolonged periods of sun and intense heat.
- Encourage staff to find shady areas when taking the children on outdoor visits during the summer months.
- Where possible, all doors and windows will be opened to provide a through breeze & classroom blinds should be drawn. During intense heat, if the external temperature is

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hotter than the internal temperature and there is no breeze, doors and windows will remain closed.

- Turn off non-essential lights and electrical equipment as they generate heat.
- Carefully plan PE lessons to avoid undue or lengthy sun exposure, unnecessary exertion and dehydration. In extreme weather, outdoor PE lessons should not last for more than 30 minutes when children should be brought indoors, given time to rest and drink water.
- Ensure all medication is stored appropriately, out of direct sunlight and within the correct temperature range.
- Ensure all children have access to water to refill their water bottles. Parents are encouraged to send their children into school with a named water bottle every day.

4. Education

Our PSHE curriculum across school contains lessons which educate our children about safe and unsafe exposure to the sun and how to reduce the risk of sun damage. As part of our safeguarding curriculum, we have assemblies to educate and inform the children about sun exposure and sun safety.

5. Early Years Pupils

We are mindful that our pupils in Nursery and Reception are likely to spend a lot more time outside as part of their 'free flow' continuous provision time, where they can choose to be either in the classroom spaces or the outdoor area. In light of this, it is particularly important for parents and carers to ensure that they apply sunscreen liberally on their children at the beginning of each day during the warmer months and also teach their children how to apply this independently.

We will ensure that adequate time is allocated at the start of the lunchbreak in Nursery and Reception to re-apply their own sunscreen.

6. First Aid

During periods of intense heat, pupils with asthma, breathing difficulties or other relevant health conditions should avoid excessive physical exertion. Staff must be aware of children who have a low tolerance to hot/humid conditions. We are aware that in rare cases, extreme heat or sun can cause heatstroke. Heatstroke symptoms to look out for include: Cramp in arms, legs or stomach; feeling of mild confusion or weakness. If anyone has these symptoms, they should rest for several hours, keep cool and drink water or fruit juice. If symptoms get worse or do not go away medical advice should be sought. NHS Direct is available on 111.

Reviewed: Summer 2024

Next Review Date: Summer 2027

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