

# Frogwell

Primary School & Complex Needs Resource Base

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## SUN PROTECTION POLICY

### 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 at the start of Term 4, throughout Term 5 and Term 6 and before the summer holidays.
- 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 they will need to stay in the shade.
- Parents/Carers are encouraged to supply their children with a hat.
- Parents/Carers will be sent a letter explaining what the school is doing about sun protection and how they can help. This will explain that children are encouraged to bring sunscreen to school with them, ensuring it has their name on and is put in their tray. Children will then be asked to apply their lotion throughout the day with staff supervision.
- Parents/Carers are also asked to ensure that their child has had sunscreen applied before coming to school.
- Any trips which take place in Terms 4, 5 and 6 have requests for Parents/Carers to provide sunscreen, a hat and 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. New school water bottles are available for purchase through the school office.
- 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.
- There are trees in the Playground area which will create shade, as will the building and external shelters. Children will be asked to go inside if they have had too much sun.
- During lunch and break times, an inside school area is made available for children who have had enough sun or who wish to be indoors. 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.

### **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 insist that:

- When outside in sunny weather, children are asked to wear a hat.
- Pupils are encouraged to wear tops and dresses that cover their shoulders.
- Our PE uniform consists of t-shirts and shorts for comfort and protection in the sun.
- Pupils are allowed to wear UV protective sunglasses outside, 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.

### **Timetabling**

During Terms 4, 5 and 6, we aim to schedule outside activities, school trips and PE lessons when the children will not be in direct sunshine. If this is unavoidable we will ensure hats, clothing and sunscreen 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 delicate 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 at lunch breaks, during PE lessons and on school trips. We encourage children to apply sunscreen regularly.
- Extra sunscreen will be made available in case children forget their own; Parents/Carers will be contacted to ask for permission of emergency sunscreen to be applied. If their child does not have sunscreen in school with them or permission for sunscreen to be applied by school, then Parents/Carers will be contacted and asked to bring some to school for them.
- We advise Parents/Carers to choose a sunscreen with an SPF of at least 30. 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 are not recommended as the level of protection decreases over time and all sunscreens should be regularly re-applied to maintain the required level of protection.
- Staff will apply sunscreen to a child's face, ears, neck and arms if the child is not capable of doing it themselves, however we will always encourage a child to do this themselves in the first instance.

### **Monitoring UV**

We are committed to monitoring the daily UV index during warmer months to ensure appropriate sun safety measures are implemented when necessary. UV levels will be monitored.

### **Staff safety and wellbeing in the sun**

The needs and wellbeing of staff who are required to work outside is also taken into account under this policy. Many staff roles such as Lunchtime Supervisors, Forest Schools Leaders and those teaching PE lessons or supervising children's break times are all likely to be outside in all weathers.

Staff are encouraged to dress appropriately to ensure their skin is protected and to take adequate precautions to protect themselves by using sunscreen. Staff are encouraged to ensure they keep themselves hydrated during hot weather.

School Leaders will consider the staff's wellbeing as well as children's when making decisions about whether to restrict / reschedule outdoor time in extremely hot weather.

Risk assessments for trips and visits where staff will need to be outside for prolonged periods will take sun safety and protection into account.

### **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.

### **Monitoring arrangements**

This policy will be reviewed every three years or in line with any significant statutory changes to requirements.

<b>Policy agreed:</b>	July 2022
<b>Policy published:</b>	July 2022
<b>Next review:</b>	July 2025