

S Finbar's Catholic Primary School

Sun Safety Policy 2017/18

Leader: Miss L Haresnape

SUB COMMITTEE RESPONSIBLE - CURRICULUM



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
- Students and teachers are at risk of sunburn within 10-15 minutes of being exposed to strong sunlight
- Students 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 St Finbar's Catholic Primary 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.

Education

- Sun protection is incorporated into the curriculum for all ages
- Sun safety assemblies take place once a year
- Sun safety is incorporated into our whole school 'Health and Wellbeing' term
- All teachers and staff are made aware of this policy and the importance of sun protection within the school environment,
- Sun protection is actively promoted to pupils in other ways at significant points of the school year (e.g. Assemblies, workshops, talks, whole school events)
- Parents are informed of the importance of sun protection through information sent home in newsletters and a letter informing them of the sun protection policy.

Implementation

We will achieve this by implementing these measures-

Curriculum

- All pupils will have at least 1 Sun Smart lesson per year.
- We will talk about how to be Sun Smart in assemblies at the start of the summer term.
- Parents and guardians will be sent a letter explaining what the school is doing about sun protection and how they can help, at the beginning of the summer term.
- Sun safety to be included in the PSHE curriculum.

Protection

- Shade - children will be encouraged to sit in the shade in the playground, EYFS outdoor area and field.
- Sun shades (natural and man-made) will be available for 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.
- School will discourage the use of baseball caps as they do not provide sufficient protection
- 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 or long sleeves for playtime.
- Sports tops should not include vest tops
- All teachers, teaching assistants and lunch-time supervisors will be encouraged to wear hats when on playground duty and during sports lessons, when necessary.

Monitoring UV level

- UV levels will be monitored daily during warmer months to ensure appropriate sun safety measures are implemented when necessary
- A child from each class will be selected to be the Sun Safety Monitor and will display the UV levels on the yard each day

Sun Screen

- Sun screen use will be encouraged on school trips and for outdoor PE lessons.
- We will send letters home asking for permission for children to apply their own sun screen during the summer months.
- Children will be encouraged to bring their own sun screen and apply it themselves.
- School will provide sun screen for those children who have been given permission
- Teachers will apply sun screen to some children in appropriate cases and on a voluntary basis
- Parents are asked to teach their children how to sensibly use and apply these screens and will clearly label them and put them in their child's bag for their own use.

Role modelling

- Encourage staff to act as role models by:
 - Wearing protective hats, clothing and sunglasses when outside
 - Apply SPF 15+ sunscreen
 - Seek shade 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 and by national skin cancer charity; Skcin.

Reviewing our Sun Safety Policy

The school will regularly monitor and review the effectiveness of this policy and will update the policy on an annual basis in-line with renewing our Sun Safe Schools accreditation.

Appendix 1

Advice for Teachers on Pupil's Application of Sun Screen

Under the terms and conditions of their contracts, teachers are not required to administer medicines or to give first aid to pupils. There is however no legislation that prevents teachers and support staff from administering sunscreens where other controls cannot provide protection, but this would be on a purely voluntary basis. Teachers and Learning Assistants will use their professional judgement to decide whether or not they volunteer to administer medication or sunscreen.

Where, through risk assessment, it has been decided that all other control measures such as limiting exposure and use of shade, are either inadequate or unavailable and the use of sunscreen to provide protection cannot be avoided, the following advice must be considered:

- The protective effect of sunscreen products is reduced over time, as the sunscreen is absorbed and / or rubbed off
- Sunscreen applied before school, generally, provides insufficient protection for a whole day, unless specific long-life creams have been used
- Most children will be able, with some direction, to apply sunscreens themselves, self-application is recommended.
- Dermatologists recommend that a sunscreen with a sun protection factor (SPF) of 30 or above, and capable of protecting against UVA and UVB spectra, will provide children in this country with adequate protection. Sunscreens should not be used to prolong the amount of time spent in the sun but as a form of protection when other measures are unavailable or impractical, or when additional protection is required.

At school this would include:

- Outdoor breaks, particularly lunch breaks
- PE, swimming, or other outdoor lessons
- Sports days
- Educational visits

Where the decision has been made to use sunscreen as a control measure, it will be necessary to ensure that they are applied correctly: teachers need to advise pupils to:

- Use a sufficient amount of cream
- Spread it evenly over the exposed areas of the body (face, neck, arms and legs) with particular attention to those areas that burn easily. Such as the ears and neck.
- Rub it in well
- Young children and some children with special needs may require assistance.

Teachers who do help to apply sunscreens should do so only on the face, neck and arms only. Support should only be given in an open area.