

Sun Safety Guidelines

1 INTRODUCTION

At St Edmund's, whilst we recognise that some sun is good for us, over-exposure to UV rays is an important safeguarding issue, therefore, we acknowledge the importance of sun protection and want children and staff to be protected from the harmful UV rays of the sun. During the warmer months of the year, children are exposed to UV rays, often when the sun is strongest between 11am and 3pm. Without adequate protection, a child's delicate skin can easily burn, causing cumulative and irreparable damage. It is important for schools and parents to work together to increase knowledge and influence behaviours, ensuring children are protected against UV rays and learn how to enjoy the sun safely.

2 AIMS

The aim of this guidance is to protect children and staff from skin damage caused by the effects of ultraviolet radiation from the sun. The success of this policy will be more successful when an integrated whole school approach is adopted.

The main elements of this policy are:

- Education
- Protection
- Partnership

3 EDUCATION:

- a) We will talk about being Sun Smart in assemblies at the start of the summer term and before summer break.
- b) We will talk about being Sun Smart during PSHE lessons to increase knowledge and influence behaviour.
- c) Children will be spoken to about the importance of drinking more water when it is hot and will be encouraged to regularly hydrate themselves throughout the day.
- d) Parents and guardians will be sent a letter/email explaining how they can help and what the school is doing about sun protection.

4 PROTECTION:

- a) Children must have a named, peaked or wide-brimmed hat that is brought into school every day during the summer term on sunny days and on school trips. If a child is wearing a baseball cap, extra care should be taken to protect the neck, ears and cheeks with sunscreen, as these areas can easily burn.
- b) Parents are expected to send their children in to school with a named water bottle in sunny weather.
- c) On sunny days, staff will remind children that they need to seek shade during breaks, lunchtime, sports, school trips and be encouraged to drink regularly.
- d) Staff and parents are encouraged to act as good role models by practicing sun safety.
- e) Parents are to apply sunscreen to their child (High Factor SPF) before coming to school to ensure they are protected during the day.
- f) We do not apply or supply sunscreen.
- g) We will work towards increasing the provision of adequate shade for everybody.

5 PARTNERSHIP:

- a) We will work with parents/carers, governors, school nurse and the wider community to reinforce awareness about sun safety and promote a healthy school.
- b) We are committed to ensuring all staff are actively involved in the implementation of this policy and that they consider the UV forecast and sun protection/control measures when planning outdoor activities.
- c) Parents/carers to talk to their child about the importance of sun protection at home.
- d) Parents/carers to send their child to school with a named, wide-brimmed hat.
- e) Parents/carers to send their child to school with a named water bottle.
- f) Parents/carers to apply sunscreen to their child before school in the summer months, even if the day starts out dull.

6 SCHOOL TRIPS:

- a) During the summer term, on hot sunny days, all trips will require pupils to wear a named sun hat and sunscreen.
- b) On residential trips, staff will remind all pupils of the need to apply sunscreen each morning. Staff will not apply sunscreen to the children.

7 PROTECTION FROM THE SUN INDOORS:

- a) Windows and other ventilation openings will be opened during the cool of early morning to allow stored heat, from the previous hot day, to escape from the building.
- b) The use of electric lighting will be kept to a minimum during heatwaves.
- c) Windows and other ventilation openings will be opened to allow air flow in classrooms.
- d) Blinds will be used to protect pupils from direct sunlight.

8 SUGGESTIONS TO HELP COPE WITH HOT WEATHER:

- a) Pupils to wear hats when outside.
- b) Pupils should wear sun cream, which needs to be applied before school. Children will NOT be allowed to bring sun creams into the school.
- c) Staff should encourage pupils to drink water throughout the day.
- d) Where possible, except in areas where there is air conditioning, all doors and windows should be opened to provide a through breeze and classroom blinds should be drawn.
- e) Physical education lessons should be carefully planned to avoid sun exposure, unnecessary exertion and dehydration.
- f) Staff should be aware of any breathing difficulties of pupils with Asthma during physical activities and any other relevant health conditions.

In rare cases, extreme heat can cause heatstroke.

Symptoms to look out for are:

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 don't go away medical advice should be sought.
- NHS Direct is available on 111