

**Hornsea Burton & Skipsea
Primary Federation**

SUN PROTECTION POLICY

**Reviewed and updated Spring 2017
To be reviewed Spring 2019**

SUN PROTECTION POLICY

RATIONAL

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 help 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 the school years.
- Schools can play a significant role in changing behaviours through role modelling and education.
- Pupils and teachers are at risk of sunburn within 10-15 minutes of being exposed to strong sunlight.
- Pupils spend an average of 1.5 hours outside per school day, more if involved in sports and outdoor activities.
- Skin cancer is largely preventable through behaviour modification and sun protection during early years

The main elements of this policy are:

- Partnership: working with parents/carers, governors, our school nurse and the wider community to reinforce awareness about sun safety and promote a healthy school.
- Education: learning about sun safety to increase knowledge and influence behaviour.
- Protection: providing an environment that enables pupils and staff to stay safe in the sun.

At Hornsea Burton and Skipsea Primary Schools we acknowledge the importance of sun protection and want staff and pupils to enjoy the sun safely. We will work with staff, pupils and parents to achieve this through:

PARTNERSHIP

- Sun safety will be promoted through working with parents, governors and the wider community to improve our understanding and provision to avoid the harmful effects of too much exposure to ultraviolet light (UV).

Parents/carers can ensure that pupils are adequately protected by providing them with:

- appropriate clothing, including hats, between April and September
- an application of a long lasting high factor sunscreen (SPF 15+) before school, and at lunch-time if necessary

Teachers and other support staff are not legally obliged to administer sunscreens, therefore the support and co-operation of parents/carers is essential. Parents/carers have prime responsibility for their child's health.

- Staff should act as positive role models and set a good example by seeking out the shade whenever possible and wearing suitable clothing, hat and sunscreen.
- Relevant professional (school nurses and health promotion officers) can be invited if needed into the school periodically to advise the school on 'sun safety'.

EDUCATION

- Annually a special assembly will be dedicated to ‘Sun Safety’. This will emphasise the 5 S’s of Sun Safety including:
SLIP SLOP SLAP - to SLIP ON A T-SHIRT, SLOP ON THE SUNCREEN, SLAP ON A HAT.
- At appropriate times during the year children will be reminded through our assemblies about ‘How to be Sun Safe’.
- Parents and Guardians will be asked through future letters/newsletters to support this policy by encouraging their children to adopt the Slip, Slop, Slap message and act as role models.
- Children will be encouraged to use the shaded areas of the school during playtimes.

PROTECTION - this is an on-going process.

The school will encourage children to:

- seek the shade, particularly during the middle of the day
- wear hats
- wear clothing that protects the skin particularly for outdoor activities and school visits

Shade:

- When the sun is strong we will encourage pupils to sit/play in the shade where it is available.
- Any trees on the school site provide natural shade and the children will be encouraged to play in these areas at break times and lunch.
- Any outdoor lessons will take place in the shaded areas wherever possible; time spent in the sun to be minimised when UV is above 3.

Other measures of Sun Protection

Protection against the sun is necessary when UltraViolet (UV) radiation levels are at their highest. In the UK this is:

- between April and September
- between 11 am and 3 pm
- on cloudless days even when the temperature is not high or there is a cooling wind (although cloud reduces UV levels, it is still possible to burn under light cloud)
- when the UV is reflected, adding to the overall intensity that reaches the skin; light surfaces like concrete, water sand and snow reflect UV

Sunscreens

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-times
- PE, swimming, or other outdoor lessons

- Sports Activity Day
- Educational visits
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Hydration

Children are encouraged to increase their water intake in hot weather and are encouraged to drink water during breaktimes and lunchtimes.