



# **SAFETY IN THE SUN POLICY**

(Written Summer 2017)

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## **1. Why is sun protection important for children and young people?**

The number of cases of malignant melanoma, the most serious form of skin cancer is rising at an alarming rate. The good news is that the majority of these cases could be prevented. Most skin cancers are caused by too much ultraviolet (UV) radiation from the sun. If we protect ourselves from overexposure to the sun then we can reduce our risk. This is particularly important for children and young people whose skin is more delicate and easily damaged.

There are simple steps you can take to enjoy the sun safely – cover up with clothing and a hat, spend time in the shade and apply at least SPF 15 sunscreen generously and regularly.

## **2. What is the SunSmart campaign?**

SunSmart is the national skin cancer prevention campaign run by Cancer Research UK. The SunSmart schools initiative encourages schools to develop and adopt sun protection policies. They are part of a broader campaign communicating effective skin cancer prevention messages to the general public.

The five key SunSmart skin cancer prevention messages are:

**S**tay in the shade 11-3

**M**ake sure you never burn

**A**lways cover up - wear a t-shirt, hat and wraparound sunglasses

**R**emember children burn more easily

**T**hen use factor SPF 15 sunscreen.

### 3. Why have a SunSmart sun protection policy?

We get around 80% of our sun exposure by the age of 21 and much of this exposure occurs when at school. Schools have a responsibility to ensure that pupils are protected from the harmful effects of the sun as much as possible during the school day. Although fair skinned people are more at risk from sun damage, sun protection is relevant to both fair and dark skinned children.

Developing a SunSmart sun protection policy is an important step towards encouraging good health in line with national healthy schools programme.

#### EDUCATION

It is important to raise awareness of why we need sun protection if you want to encourage children and young people to change the way they behave in the sun.

Sun Protection Strategy	In Place	Planned Soon	Not Planned	Comments
Sun protection and dangers of sunbed use are incorporated into curriculum for all ages	√			This is part of our science and PSHE learning.
All teachers and staff are made aware of this policy and the importance of sun protection	√			
Sun protection is actively promoted to pupils in other ways at significant points of the school year including before and during summer and prior to summer holidays(eg. assemblies, workshops, talks)	√			
Parents are informed of the importance of sun protection through information sent home in a letter informing them of our sun protection policy (see parent letter template in these guidelines)	√			Letters are sent and children are reminded regularly about sun safety.

#### PROTECTION

Consider sun protection when planning all outdoor activities from April to September (the sun is at its strongest at this time of year).

Sun Protection Strategy	In Place	Planned Soon	Not Planned	Comments
<b>SHADE</b>				
Fundraising for trees and shade structures	√			We already have trees and shelters in place for the children to use.
Seats and equipment are moved to shady areas	√			Organised by our active playground leader.

Organised activities make use of the shade available	√			
<b>TIMETABLING</b>				
Outdoor activities and events are planned outside of 11-3 where possible and appropriate(if this is sometimes unavoidable, ensure hats, clothing and sunscreen are worn to minimise risk of sunburn).	√			
In the summer term morning break is extended and lunch breaks shortened to avoid the midday sun		√		
<b>CLOTHING</b>				
Pupils are encouraged to wear wide-brimmed (or legionnaire style) hats when outside	√			
Pupils are encouraged to wear tops that cover their shoulders (vests and strappy tops are discouraged)	√			
School uniform tops and hats offer suitable sun protection	√			
Pupils are allowed to wear UV protective sunglasses	√			
Teachers and TA's, middays also wear suitable hats and clothing to reinforce role modelling.	√			
<b>SUNSCREEN</b>				
Sunscreen should be used for covering exposed areas of skin when shade may be unavailable and protective clothing is not practical eg. during outdoor swimming, PE lessons and school excursions. Choose a sunscreen with an SPF of at least 15 which is labelled broad spectrum to protect from UVA and UVB rays and ensure that sunscreen is applied regularly and generously.				
Letters are sent home asking for parental permission for teachers to supervise application of sunscreen	√			
At least SPF 15 sunscreen is used in school and is applied generously and regularly. For the average person, this means two teaspoonful for the head, arms and neck or two tablespoonsful if in swimming costume.	√			Children are asked to bring in sun cream that they can apply at break times and lunch times.
Sunscreen is reapplied regularly, by pupils as it can be easily washed, rubbed or sweated off.	√			
Each pupil has their own labelled bottle of sunscreen	√			Where provided by the parents.

There is a school stock of sunscreen for pupils who forget /cannot afford their own				
The school/centre provides sunscreen free of charge for all children and young people				

### **Hillside Primary School Sun Protection Policy**

At Hillside Primary School 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:

**EDUCATION** - these measures are in place from now on:

- All pupils will have at least one SunSmart lesson per year.
- We will talk about how to be SunSmart in assemblies at the start of the summer term and before summer break.
- 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.
- Teachers will attend a SunSmart staff meeting.

**PROTECTION** – this is an ongoing process.

#### **Shade:**

- When the sun is strong we will encourage pupils to sit/play in the shade where it is available.
- We have planted trees on the field (Spring 12). We have also got many trees planted around the playground.
- We have a wooden gazebo on the field and the playground to provide shelter for children.
- Children are allowed and encouraged to go to the drinking fountain throughout lunch time.

#### **Timetabling:**

- In the summer months we will aim to schedule outside activities, school visits and PE lessons before 11am and after 3pm if appropriate. If this is unavoidable we will ensure hats, clothing and sunscreen are all worn to prevent sunburn.
- We will include sun safety in our school risk assessments for activities on and off site.

#### **Clothing:**

- When outside in sunny weather, children are required to wear hats that cover the ears, face and neck.
- All children wear t-shirts as school uniform and PE kit.
- All teachers have agreed to wear hats when on playground duty and teaching outdoors on sunny days.
- We will have spare hats available for pupils who do not bring a hat into school on sunny days.

### Sunscreen:

- Sunscreen use will be encouraged on days when the sun is strong during summer at lunch breaks, during PE lessons and on school trips. Extra sunscreen will be made available in case children forget their own.
- We will send letters home asking for permission for pupils to apply sunscreen on days when the sun is strong during the summer months.
- We cannot currently supply sunscreen to all pupils on a daily basis because parents don't always give their consent.

This policy was developed with the help of staff, pupils and parents in May 2017. We will monitor our progress and review the policy annually.

#### 4. SAMPLE Primary school letter to parents

Hillside Primary School  
Ridgeview  
Road  
Birkenhead  
CH43 9HG

15.05.2017

Dear Parent or Guardian,

Now the summer term has started, I wanted to write and tell you about our new **sun protection policy**. We have developed this with the help of parents, teachers and pupils to ensure that we can all enjoy the sun safely over the coming months.

The sun's rays are particularly strong over the summer and they can damage children's skin. This may not seem like a problem right now, but it can lead to **skin cancer** in later life. Your child's health and well-being are very important to us, which is why we have decided to:

- Increase the amount of school time spent learning about sun protection.
- Provide more shade in the playground.
- Encourage pupils to wear hats and t-shirts when outside.
- Encourage pupils to use at least SPF 15 sunscreen in summer months.

More details of these and other new sun protection plans can be found in our sun protection policy which I am attaching to this letter. I have also included a SunSmart information card which will explain how to keep your child safe from the sun at home.

Your support is very important if our new policies are going to work. You can help by:

- Talking to your child about the importance of sun protection at home.
- Sending your child to school with a wide-brimmed hat.
- Returning the sunscreen permission slip at the bottom of school trip letters home.
- Volunteering to help raise money for a new playground shade canopy.

Together I hope we can have a very happy and safe term to come!

All the best,  
Steve Morris  
Head  
Teacher

## **10. Additional Information can be obtained from:**

Cancer Research UK's SunSmart website <http://www.cancerresearchuk.org/health-professional/prevention-and-awareness/sunsmart/skin-cancer-resources>

The Sun Safe Schools Accreditation Scheme has been developed by national skin cancer charity; Skcin. The key objective of the charity is to prevent skin cancer through education, promote early detection and reduce the incidence rates in the UK. See <http://www.sunsafeschools.co.uk/>

### NHS Leaflets

A Guide to Looking after Yourself and Others During Hot Weather available from:

<http://www.nhs.uk/livewell/summerhealth/documents/looking%20after%20yourself%20and%20others%20during%20hot%20weather2010.pdf>

### Health & Safety Executive Leaflets

<http://www.hse.gov.uk/pubns/indg337.pdf> Guide to Sun Protection

<http://www.hse.gov.uk/pubns/indg147.pdf> Keeping Your Top On

<http://www.hse.gov.uk/temperature/outdoor.htm>

### Meteorological Office

[www.metoffice.gov.uk](http://www.metoffice.gov.uk)

