



# BRACKENWOOD JUNIOR SCHOOL

## SUN PROTECTION POLICY

### Introduction

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.
- 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 school day, more if involved in sports and outdoor activities.
- Skin cancer is largely preventable through behaviour modification and sun protection during early years.

### Curriculum:

- \* All pupils will have at least 1 Sun Smart lesson each year.
- \* At the start of the Summer term, assemblies will focus on teaching and reminding children about how to be Sun Smart.
- \* At the start of the Summer term, parents will be sent a letter explaining how the school deals with issues relating to Sun Safety, and ways in which they can help and support.
- \* Sun Safety will be incorporated into the PSHE curriculum.
- \* Information leaflets regarding Sun Safety issues will be made accessible to the children.

### Shade:

- \* During hot weather, children will be encouraged to sit in shaded areas of the playground and school field.
- \* Additional shaded areas will be provided for children to use during summer months.
- \* The availability of shelter from the sun will be considered when planning trips and visits off-site.
- \* Additional sheltered areas will be provided during spells of hot weather.

### Clothing:

- \* Children should bring sun hats into school during summer months to wear at playtime and during outdoor PE lessons. This should form part of the child's PE kit during the Summer term.
- \* Children may bring sunglasses to school which they will be allowed to wear on bright days.
- \* Children should wear T-shirts which cover shoulders during PE lessons. Vest tops should not be worn.
- \* All teachers and teaching assistants will be encouraged to wear sun hats when on duty and during PE lessons.
- \* A small number of sun hats will be kept by the school.

### Sun Screen

- \* During spells of hot weather, parents will be asked to apply sun screen to children's neck, shoulders and arms prior to sending them to school.
- \* Parents are asked to teach children how to apply sun screen sensibly, and may wish to provide children with their own supply, clearly labelled, and kept in the child's bag for their own use.
- \* Children will be expected to apply their own sun screen.
- \* Children may only use their own sun screen.
- \* Teachers are not required to apply sun screen but may choose to do so in isolated cases for health and safety reasons. Hypoallergenic sun cream will be used in these cases. It is the responsibility of parents to inform the school if this course of action should not be taken.

### Visits

- \* Particular attention to sun safety will be given when children go off-site through risk assessment.
- \* All children **must** have a sun hat and water bottle.
- \* Parents will be reminded to apply sun screen before school and provide the child with their own supply.
- \* Opportunities for children to access shelter during the day will be identified.

### Sports Day

- \* A drinking station will be provided for the children.
- \* Sheltered areas will be made available for children and parents.

**Role Models**

\* Staff will be encouraged to act as good role models for the children, by wearing sun hats, applying sun screen and using sheltered areas of the playground.

**Reviewing and evaluating the policy**

This policy will be reviewed every 3 years, and will be monitored by the Resources committee.

