



St Mary's C of E (VA) Primary School

Working together
in an inclusive Christian environment
to allow every pupil to shine brighter and brighter.

St Mary's is an inclusive school where we believe that all people are of equal value, irrespective of their ethnicity, culture, religion, gender, ability or sexual identity. We recognise and respect differences.

Sun Care Policy

This policy is GDPR compliant.

Date of issue: Summer 2025

Last reviewed/adopted: June 2025

Next review date: Summer 2028

Signed: _____

Date: _____

Aim

At St Mary's, we are committed to promoting outdoor enjoyment and safeguarding the health and well-being of our pupils and staff. This includes protection from the harmful effects of sun exposure. We aim to achieve this through **careful planning, education, and protective measures** that encourage safe habits in the sun while promoting the health benefits of moderate exposure.

The Importance of Sun Safety

Vitamin D is vital for healthy bones, teeth, and muscles. In the UK, most people gain sufficient vitamin D from **sunlight between late March and the end of September** (NHS, 2024). However, excessive sun exposure—particularly in childhood—can result in **sunburn, premature skin ageing, and increased risk of skin cancer** later in life (Cancer Research UK, 2024).

Children's skin is more sensitive, and sun damage at an early age significantly increases the risk of skin cancer in adulthood. Therefore, **sun safety education and behaviour modelling** are vital elements of our school environment.

Planning for Outdoor Activities

Staff should include sun safety considerations in all planning and risk assessments for outdoor activities. The following measures should be taken:

- Limit the duration of direct sun exposure, especially between **11:00am and 3:00pm**, when UV radiation is strongest.
- Prioritise shaded areas for outdoor learning and play.
- Consider rescheduling activities (e.g., PE, sports days) to cooler parts of the day when possible.
- Ensure shaded seating or break areas are available and used during breaks and lunchtime.
- Encourage use of **UV index information** to assess daily sun risk (available via Met Office or weather apps).

Education

- All pupils will receive **at least one PSHE lesson or assembly per summer term** to raise awareness about sun protection.
- Sun safety messages will be incorporated into Science and Health curricula where appropriate.
- Staff will model positive sun safety behaviour by wearing appropriate hats and staying in shade when supervising children outdoors.

- Parents will be reminded through newsletters about sun-safe behaviours, especially in the spring and summer months.

Parental checklist reminders will include:

- Applying a **high factor, long-lasting (8–10 hour)** broad-spectrum sunscreen (SPF 30 or higher) before school.
- Providing a **named sun hat** (preferably with a wide brim or neck flap).
- Ensuring their child brings a **fresh, labelled water bottle** to school each day.

Protection

- Pupils will be encouraged to make use of natural or artificial shade wherever possible. These should be clearly named.
- **Sun hats must be worn** by children when outside during sunny weather.
- Pupils are **allowed to wear UV-protective sunglasses** to shield their eyes from harmful rays. These should be clearly named and meet British Standard or display the **CE/UKCA mark**.
The school cannot accept responsibility for the loss or damage of sunglasses brought from home.
- Staff will remind children to wear hats and sunglasses and to seek shade during high UV periods.

Sunscreen Use

- Parents are encouraged to apply a **once-daily sunscreen of SPF 30 or higher** before the school day begins.
- For children with **sun-sensitive skin conditions**, parents may send in a **named bottle** of sunscreen for self-application at school. Sunscreen application is supervised by staff.
- If a child requires adult assistance to apply sunscreen:
 - This must be arranged in advance.
 - Staff will follow safeguarding guidelines and ensure another adult is informed or present.

Duty of Care

St Mary's will not exclude any child from outdoor activities due to sun exposure, but we do have a **responsibility to safeguard children's health**. If a child arrives without suitable sun protection (e.g. no hat, no sunscreen on high UV days), staff may direct the child to remain in shaded areas or avoid prolonged sun exposure.