



SAFETY IN THE SUN POLICY

Why have a SAFETY IN THE SUN policy?

Schools have a responsibility to ensure that pupils are protected from overexposure to UV rays from the sun, and the National Institute for Clinical Excellence (NICE) guidelines for skin cancer prevention (2011) recommend that schools “develop, implement and monitor a specially tailored policy to ensure people are protected as much as possible”.

This is particularly important when engaging in school-based activities such as sports days, outdoor PE lessons, outdoor excursions and water sports, and during lunchtimes and playtimes, where the potential for sunburn is higher. Although fair-skinned people have a higher risk of sun damage, sun protection is relevant to everyone.

Developing a sun protection policy is an important step towards encouraging good health in line with national healthy schools’ programmes. This guidance has been produced using guidance provided by the Cancer Research UK (SunSmart Campaign) with feedback from educators and health professionals working nationally and in the community.

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 30 sunscreen generously and regularly.

What is the SunSmart campaign?

SunSmart is the national skin cancer prevention campaign run by Cancer Research UK. The SunSmart school’s 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:

Stay in the shade 11-3

Make sure you never burn

Always cover up - wear a t-shirt, hat and wraparound sunglasses

Remember children burn more easily

Then use factor SPF 15 sunscreen.

This Policy is based on the information and advice from Cancer Research UK and SunSmart.

Bidston Village CE Primary School – Safety in the Sun Policy

At Bidston Village CE 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.

PROTECTION – this is an on-going process

Shade:

When the sun is strong, we will encourage pupils to sit/play in the shade where it is available – trees in the peace garden, in main playground, shade near kitchen garden.

Timetabling:

In the summer months we will aim to schedule outside activities, school trips and PE lessons before 11am and after 2pm where 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. Parents should provide a suitable sun hat for their child. These can be purchased from the office.

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. Parents should apply sun cream (ideally 'long protection' sun cream) before their child comes to school and, if not applying long protection sun cream, parents should send labelled sun cream to school for their child to apply before break time and lunch time in sunny weather. This sun cream can remain in school to be used when the child needs it.

Younger children will require support in doing this and parents can help by showing their child how to apply sun cream at home. Sun creams cannot be shared due to allergies and cross-contamination.

Children also need to drink plenty of water in hot weather and parents must ensure their child has a water bottle in school at all times. Water bottles can be refilled in school, and purchased from the office.

Children will be advised to remove cardigans and jumpers in hot weather to avoid overheating.

If your child has particularly sensitive skin then parents must inform the school of this in writing along with any additional requirement in order to protect their child from the sun during the school day.

When the weather is very hot and sunny and a child has not been provided with sun protection by their parents, they will not be allowed outdoors.

This policy was produced in June 2023. We will monitor our progress and review the policy annually.

Reviewed:
June 2023

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