

**ASHTON KEYNES**  
Church of England VC Primary School

SHINE BRIGHT ★ REACH FOR THE STARS



# **Ashton Keynes C of E Primary School**

## **Sun Protection Policy**

**Reviewed June 2022**

**Review due June 2025**

## SUN PROTECTION POLICY FOR ASHTON KEYNES PRIMARY SCHOOL

**At Ashton Keynes Primary School we want staff and pupils to enjoy the sun safely. We will work with staff, pupils, parents and carers to achieve this by raising awareness.**

### **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.
- 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.

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.

### **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).

- 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.

### **EDUCATION**

- Children are regularly reminded about the importance of '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 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.
- Children must bring a labelled water bottle to school and make sure they keep hydrated particularly in warmer weather.

### **Be SMART**

Stay in the shade between 11 a.m. and 3 p.m.

Make sure you never burn

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

Remember children burn more easily

Then use sunscreen at least factor 15 as an minimum – recommended factor 50

### **PROTECTION**

Shade:

- The school playground has shade provided either by the school building, trees, outdoor shelter (planned building in Summer 2015), trees.
- Children will be encouraged to use the shaded areas of the school during playtimes when appropriate.
- The availability of shade provision is considered when planning excursions and all outdoor activities.
- Support recommendations to seek shade during breaks and lunchtimes.
- In consultation with the education department, shade provision is considered plans for future buildings and grounds – new large sun protecting canopy on side of hall 2020.

Clothing:

- The children will be encouraged to wear clothes that provide good sun protection.
- The children will be encouraged to supply themselves with legionnaire or bucket style hats to protect their face, ears and back of their neck. The hats will remain in school at all times (between March and end of September) and be easily accessible.
- Children's eyes are very sensitive to light. It is important therefore to protect their eyes by ensuring they wear wide-brimmed hats and sunglasses if possible.

Sunscreen:

- Each pupil will be encouraged to supply themselves with sunscreen (minimum SPF 15, with broad spectrum UVA protection) this should be applied prior to school. They may then

reapply themselves when appropriate and be used on or off site for any prolonged outdoor school related activities. Children may only use their own sunscreen. Parents/Carers are asked to teach their children how to sensibly use and apply these screens and will clearly label them and put them in their child's bag for their own use. There is no health and safety reason why school staff cannot apply sunscreen to a pupil however this would only be done if absolutely necessary due to time constraints - children are expected to apply sunscreen themselves.

#### Drinking Water:

- Children are encouraged to increase their water intake in hot weather and are encouraged to drink water during break times and lunch times. Every child should bring a labelled refillable water bottle to school every day.

#### What to do if a child gets sunburn

- The parent/carer will be notified.

#### The following is advised:

- Always consult a doctor if a pupil has been sunburnt;
- Consult a doctor if blisters or rash appear;
- Consult a doctor if the skin is very red and painful;
- Consider calamine lotion to cool sunburn;
- Cool the sunburnt area in tepid water (approximately 25c) for 30 mins to an hour;
- Be careful the child does not get cold;
- A pharmacist will be able to provide advice about after-sun products, some of which may be useful for cooling and re-moisturising the skin.

**This policy will be reviewed every 3 years.**

**Date of issue June 2022**

**Date review due June 2025**