

# Pencaerau Primary School

*“Learning for life”*



## Sun Protection Policy

November 2021

Date	Review Date	Headteacher Signed	Chair of Governors Signed
November 2021	November 2022	<i>H Brady</i>	<i>J Cuff</i>



## **Rationale**

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 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 school years
- Schools can play a significant role in changing behaviours through role modelling and education
- Children and teachers are at risk of sunburn within 10-15 minutes of being exposed to strong sunlight
- Children spend an average of 1.5 hours outside per day, more if involved in sports or outdoor activities
- Skin cancer is largely preventable through behaviour modification and sun protection during early years At Pencaerau Primary School we want staff and pupils to enjoy the sun safely. We will work with staff, pupils and parents to achieve this by raising pupil and parent awareness.

Implementation We will achieve this by implementing these measures

## **Curriculum**

- We will talk about how to be SunSmart in assemblies at the start of the summer term.
- Sun safety to be included in the health and wellbeing curriculum.
- Develop resources concerning sun protection in the library

## **Protection**

- Shade - children will be encouraged to sit in the shade in the playground and field.
- Sun shades (natural and man-made) will be available for children to sit under.
- The availability of shade is considered when planning excursions and all outdoor activities

## **Clothing**

- Children should bring sun hats/caps to school to wear at playtimes, during outdoor PE lessons and on any educational visits to protect them from the sun.
- Children may bring sunglasses to school to be worn outdoors on bright days
- Children should wear T-shirts which cover their shoulders for PE lessons or long sleeves for playtime.
- Sports tops should not include vest tops

- All teachers, teaching assistants and lunch-time play workers will be encouraged to wear hats when on playground duty and during sports lessons, when they need them.

### **Sun Screen**

- Sun screen use will be encouraged on educational visits and for outdoor PE lessons.
- If required at school children can bring their own sun screen and apply it themselves.
- Children may only use their own sun screen.
- Teachers, TA, play workers and other school staff **will not** apply sun screen to any children.
- Parents 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.

### **Role modelling**

Encourage staff to act as role models by:

- Wearing protective hats, clothing and sunglasses when outside and apply SPF 15+ sunscreen
- Seek shade whenever possible

Collaboration The school will aim to work with parents, Governors and the wider community to reinforce awareness about sun safety and promote a healthy school. This policy has been developed using the Cancer Research UK SunSmart Guidelines for Primary Schools.