



St Leonard's CE (A) First School

Sun Safety Policy



'Let your light shine before others so that they may see your good works and give glory to your Father who is in heaven.'

Matthew 5:16

Adopted by the Governing Board:

March 2023

Date for review: March 2024

Date of last policy reviewed	Changes made
Sep 2017	Dates changed
Sep 2018	Dates changed
April 2019	Dates changed
May 2020	Dates changed
Jan 2022	Dates changed
Jan 2023	Dates changed

St Leonard's CE (A) First School

Sun Safe Schools - Sun Safety Policy

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 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.
- Pupils and teachers are at risk of sunburn within 10-15 minutes of being exposed to strong sunlight.
- Pupils 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 to 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, a hat and sunscreen.
- Relevant professional (school nurses and health promotion officers) will be invited into the school periodically to advise the school on 'sun safety'.

EDUCATION

- Annually a special assembly will be dedicated to 'Sun Safety'. This will emphasise the 3 S's of Sun Safety including:
SLIP SLOP SLAP - to SLIP ON A T-SHIRT, SLOP ON THE SUNSCREEN, SLAP ON A HAT.
- At appropriate times during the year children will be reminded through our assemblies about 'How to be Sun Safe'.
- The curriculum for all year groups will include aspects of 'Sun Safety' annually.
- 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.

PROTECTION

Shade:

- The school playground has shade provided either by the school building, outdoor shelter(s), trees and/or temporary structures such as gazebos for use on sports days and other outdoor events.
- Children will be encouraged to use the shaded areas of the school during playtimes when appropriate.

Clothing:

- The children will be encouraged to wear clothes that provide good sun protection.
- The children will be provided with/supply themselves with sun hats.

Parents should ensure the hats are in school at all times (between March and the end of September).

Sunscreen:

• Each pupil will be provided with/supply themselves with sunscreen (minimum SPF 30, with broad spectrum UVA protection) to apply themselves when appropriate and used on or off site for any prolonged outdoor school related activity.

• Should parents forget to send their child with sunscreen, school can provide it with parental permission.

Parents should ensure school staff are fully informed about possible allergies to different types of sunscreen.

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 water bottle to school every day.

St Leonard's is a school that promotes outdoor learning wherever possible. It is very important parents follow this policy to ensure their children can take part fully in all outdoor activities.

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Sunscreen permissions

Name of Child.....

I do/do not give permission for my child to use sunscreen provided by St Leonard's CE (A) First School (which they will apply themselves).

Please tick

My child has no allergies to any sunscreen

My child is allergic to the following types of sunscreen.....

Signed..... Date.....