

YOUR SCHOOL'S SUN SAFETY POLICY

If your school or nursery currently has no specific sun safety policy, it's worth creating one. Schools have a responsibility to make sure their pupils are protected from the harmful effects of sun exposure while in their care – and not only is a sun safety policy important in

encouraging good health in line with national healthy schools programmes, it can also help your Ofsted rating by promoting the safety of pupils in school, as outlined in their 'Framework for School Inspection'.¹

CREATING YOUR POLICY

Get the support of your school community by involving key groups such as governors, teachers, school nurses, health & safety coordinators, pupils, and parents from the start. Look at what the school already does with regard to sun safety. Think about how long pupils are outdoors, what sort of shade is available and whether sunscreen is used in school. Draw up a draft sun safety policy (we've included an example overleaf) based around how the subject will be included in the curriculum, and what measures are being taken to provide protection.

Try to include the four ways to be sun sensible – covering up, staying shady, drinking lots of water and applying sunscreen. Send a letter to parents explaining the school's policy and reminding them that they should apply sunscreen *before* children leave for school, with a named bottle of sunscreen in their school bag so they can reapply it during the day. Once your policy is in place, evaluate how well it's working through pupil questionnaires, monitoring incidences of sunburn, and then update your policy every year.

EXTRA HELP

If you need a little extra guidance in creating your sun protection policy, you may find your local Primary Care Trust a useful source of information. The following websites are also helpful:

Skin Cancer Hub website

www.swpho.nhs.uk/skincancerhub/

British Association of Dermatologists

www.bad.org.uk

Healthy Schools

www.education.gov.uk/schools/pupilsupport/pastoralcare/a0075278/healthy-schools

British Dermatological Nursing Group (BDNG)

www.bdng.org.uk

The School and Public Health Nurses Association (SAPHNA)

www.saphna-professionals.org



BE SUN SENSIBLE

SUN SAFETY POLICY – a typical example

We acknowledge the importance of sun protection and want children and staff to be protected from the

harmful UV rays from the sun, and will work with staff, pupils and parents to achieve this through:

Education

We will talk about being sun sensible in assemblies at the start of the summer term and before summer break. A letter will be sent to parents and guardians at the start of the summer term, explaining what we

are doing about sun protection and how they can help. Teachers will plan lessons relating to sun safety and information will be provided around the school concerning our sun safety policy.

Protection

Staying shady:

- Pupils will be encouraged to play in the shade, wherever this is available.
- We are planting trees in the playground to provide additional shade.
- We are fundraising to buy a shade canopy to be in place ready for the summer term.

Covering up:

- Children should wear wide-brimmed hats that shade the ears, face and neck while outdoors.
- Those with mobility issues, e.g. children in wheelchairs, are at additional risk and should cover their legs if wearing shorts.
- Our sports uniform will change from vests to T-shirts over the next 2 years.
- All school staff will wear hats when on playground duty and teaching outdoors.

Drinking lots:

- We will make sure water is available and encourage children to drink fluids regularly during hot weather

Creaming up:

- Sunscreen use will be encouraged, especially at break times, during PE lessons, outdoor activities and on school trips. Staff will be provided with extra sunscreen in case children forget their own.
- Parents should apply sunscreen before their child leaves for school, with a named bottle of sunscreen in their school bag so it can be re-applied during the day. We recommend using as high an SPF as possible.

Timetabling:

- Outside activities, school trips and PE lessons will be scheduled before 11 am and after 3pm, if possible. If unavoidable, we will ensure hats, clothing and sunscreen are all worn to help prevent sunburn.

This policy was developed with the help of staff, pupils and parents and it will be reviewed annually.

FIND OUT MORE ABOUT BEING SUN SENSIBLE at www.sunsense.co.uk