



# Yarrells School & Nursery

## SUN PROTECTION POLICY

Policy Lead (Position (and Initials)): **Lead First Aider (TP)**

Date of Last Review: **October 2021**

Date of Next Review: **December 2022**

Sun Protection is extremely important for children and young people. According to Cancer Research UK (CRUK), skin cancer is one of the most common cancers in the UK and most skin cancers are caused by UV radiation from the sun. In particular, sunburn in childhood can double the risk of skin cancer.

As a school, we realise the importance of raising awareness about the necessity for sun protection in the whole school community. We will work to promote our sun protection strategy throughout the year, but particularly in the April to September months when the sun is considered most dangerous. At Yarrells, we want to enjoy being outdoors safely and we will work to achieve this through:

- ✓ **Protection:** providing an environment that enables pupils and staff to stay safe in the sun.
- ✓ **Education:** learning about safety to increase knowledge and influence behaviour.
- ✓ **Collaboration:** staff, children, parents and the wider community working together to reinforce awareness about sun safety and to promote a healthy school.

### **Protection**

According to CRUK, people get about 80% of sun exposure by the time they are twenty-one, and much of this exposure happens at school. As a school, we have a responsibility to ensure that all pupils and staff are protected from the harmful effects of the sun as much as possible during the school day. We are aware that the sun can burn in as little as 20 minutes, especially during school hours between 11:00 am and 3:00 pm when the sun is at its strongest. We will therefore work to limit the risk to pupils by focussing on the following key areas:

#### **Shade**

- There are many trees outdoors to provide long-term shade.
- Seats and equipment are moved to shady areas.
- We have covered areas and shelters to provide shade.
- Staff members are encouraged to make use of the shade available for organised activities.

#### **Timetabling**

- If there is an insufficient shade in areas, outdoor activities and events are planned outside of 11am-3 pm where possible.
- On very hot days, we will reduce the time pupils spend outdoors and will arrange for them to spend time in shady areas when they do go outdoors.
- We have extended the morning break and introduced a later break in the afternoon and reduced the lunchtime breaks to help reduce time in the midday sun.

## **Clothing**

- In the summer term, it is mandatory for pupils to wear school hats when outside. Pupils in the Lower School have to wear the Legionnaire style that offers more protection.
- School and PE uniform covers pupils' shoulders.
- Pupils are allowed to wear UV protective sunglasses.
- Teachers and assistants are encouraged to wear hats and sunglasses when on playground duty and during sports lessons.

## **Sunscreen**

Sunscreen is the last line of defence, but it is useful for covering exposed areas of skin when shade and protective clothing are not practical, e.g. PE lessons and school excursions. In the summer term, parents are encouraged to support the school by applying sunscreen to children before they arrive at school and by ensuring that children have their own, labelled bottles/tubes of sunscreen so it can be reapplied at school as necessary. It is essential that children wear sunscreen for PE in the summer term when lessons take place outdoors. Sunscreen should be sent in the school PE bag so children can reapply as necessary. In addition, during the summer term, the school will:

- Show pupils how to apply sunscreen in assemblies and other classes, reminding them to apply to all exposed areas.
- Send letters home reminding parents to send in sunscreen to be used in school (SPF 30+) and asking for parental permission for teachers to supervise the application of sunscreen.
- Ensure sunscreen is reapplied liberally and regularly (every 2 hours if constantly outside), particularly at midday.
- Check each pupil has his/her own, labelled bottle of sunscreen.

## **Education**

As a school we realise the importance of learning about sun safety to increase knowledge and influence behaviour. Thus the school will ensure that:

- Sun protection is incorporated into the curriculum for all ages.
- Teachers are trained in the importance of sun protection.
- Pupils are taught how to apply sunscreen in assemblies and other classes.
- Sun protection is actively promoted to pupils in other ways (e.g. assemblies, workshops, talks).
- Letters are sent to parents and guardians regarding school policy and what the school is doing about sun protection. In particular, parents will be informed about how they can help at the beginning of the summer term.
- Children are encouraged to drink plenty of water on hot days to replace fluids and minerals lost through perspiration.

## **Collaboration**

As a school we realise the importance of raising awareness about sun protection in the whole school community. The school is committed to ensuring that staff, children, parents and the wider community work together to reinforce knowledge about sun safety and to promote a healthy school.

## **Policy written with reference to recommendations from Cancer Research UK's SunSmart Guidelines**