



Highfield Primary School

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:

- Children will be made aware 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.

EDUCATION

- At appropriate times during the year children will be reminded about 'How to be Sun Safe'.
- Parents and Guardians will be asked through letters/newsletters to support this policy by encouraging their children to apply sun cream, wear sun hat, drink plenty of water.
- 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 huts, picnic benches, shelters and trees.
- 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.

Sunscreen:

Parent should apply sunscreen (minimum SPF 30, with broad spectrum UVA protection) before arriving to school.

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.

This policy has been agreed by the Governing Body and will be reviewed annually.

Sept 2018