

Name of policy:	Sun Safety Policy
Lead member of staff with responsibility for this policy:	Mr J Grimsby
Date of governors meeting when policy agreed:	March 2022
Type of governors meeting:	Academy Council
Date of implementation:	March 2022
Details of dissemination:	This policy is available on our school website. The policy is available for all staff, visitors, pupils and parents.
Frequency for review:	Annually
Next due for review:	March 2023

North Wootton Academy – Sun Safe Policy

Whilst we recognise that some sun is good for us, Sun Safety is an important health and safety issue for schools. Children spend almost half their childhood at school, with approximately 8 hours per week spent outdoors.

During the warmer months of the year children are exposed to UV radiation from the sun, the majority of which is when UV penetration is at its strongest (between 11am and 3pm). Without adequate protection, a child's delicate skin can easily burn, causing accumulative and irreparable damage. This can significantly increase their risk of developing skin cancer in later life.

Skin cancer is the most common cancer in the UK with rates of the disease rising faster than any other cancer. Sun exposure in the first 15 years of life contributes significantly to a person's lifetime risk of skin cancer highlighting the importance of schools and parents working together, to increase knowledge, influence behaviour, ensure children are protected against UV and learn how to enjoy the sun safely.

- We actively remind parents to ensure their child brings in sunscreen to school / leave their sunscreen at school for application as required.
- We make available additional sunscreen for all outdoor activities, events and school trips where children may have forgotten, lost or run out of theirs.
- We actively encourage pupils to apply sunscreen when in the sun or before extended periods outdoors such as lunch breaks, PE, or outdoor activities.
- A practical approach toward the application of sunscreen will be necessary, with assistance provided only where necessary, unless instructed otherwise by the parent.
- We actively remind parents to ensure their child brings an appropriate sun hat to school, leaving this in their locker when available.
- We make available a limited number of additional/spare sun hats for outdoor activities, events and school trips where children may have forgotten or lost theirs.
- We actively encourage pupils to wear their sun hat.
- We use sun safe strategies to encourage pupils to cover up like 'No hat, play in the shade'
- We ensure pupils wear school and PE uniforms that keep shoulders covered.
- We currently provide shaded areas outdoors where pupils congregate for outdoor play. This can include trees and/or purpose built or portable shade structures.
- We are committed to monitoring UV levels daily during warmer months to ensure appropriate sun safety measures are implemented when necessary.
- We ask staff to role model good sun safety behaviours such as applying sunscreen and wearing a sun hat in the sun.
- We are committed to ensuring all staff are actively involved in the implementation of this policy and that they consider sun protection/ control measures when planning outdoor activities or school trips.
- We are committed to educating all pupils annually on sun safety using resources provided by the Sun Safe Schools national accreditation scheme.
- We communicate sun safety information through a range of channels e.g. our website, newsletters, text messages, social media, school assemblies and staff meetings.
- The school will regularly monitor and review the effectiveness of this policy and will update the policy on an annual basis in-line with renewing our Sun Safe Schools accreditation.
- This policy has been agreed by the Governing Body and developed with guidance from the Sun Safe Schools national accreditation scheme.

North Wootton Academy – Sun Safe Policy

- Further information about the Sun Safe Schools scheme can be found at: sunsafeschools.co.uk
- Further information about skin cancer prevention and early detection can be found at: skcin.org

Aims

The aim of this sun safety policy is to protect children and staff from skin damage caused by the effects of ultraviolet radiation from the sun. The success of this health promotion programme will be more successful when an integrated whole school approach is adopted.

The main elements of this policy are:

- Protection: providing an environment that enables pupils and staff to stay safe in the sun.
- Education: learning about sun safety to increase knowledge and influence behaviour.
- Partnership: working with parents/carers, governors and the wider community to reinforce awareness about sun safety and promote a healthy school.

This school believes in Sun Safety.

To ensure that children and staff are protected from potential skin damage caused by the harmful ultra-violet rays in sunlight.

As part of the Sun Safety policy, our school will:

- Educate children throughout the curriculum about the causes of skin cancer and how to protect their skin;
- Encourage children to wear clothes that provide good sun protection.
- Hold outdoor activities in areas of shade whenever possible, and encourage children to use shady areas during breaks, lunch-hours, sports and trips. Sunbathing is definitely discouraged.
- Work towards increasing the provision of adequate shade for everybody.
- Encourage staff and parents to act as good role models by practising sun safety;
- Regularly remind children, staff and parents about sun safety through newsletters, posters, parents meetings, and activities for pupils.
- Make sure the Sun Safety Policy is working. We will regularly monitor our curriculum, assess shade provision, and review the sun safety behaviour of our young people and staff (use of hats, shade etc).

Actions to help cope with hot weather:

- Pupils to wear hats when outside.
- Pupils should wear sun cream.
- Teachers should make a judgement as to the temperature of classrooms and make internal arrangements to teach in cooler areas where possible.
- Teachers should encourage pupils to drink water and ensure there are regular breaks for them to do so.
- Where possible, all doors and windows should be opened to provide a through breeze & class room blinds should be drawn.

North Wootton Academy – Sun Safe Policy

- Physical education lessons should be carefully planned to avoid sun exposure, unnecessary exertion and dehydration. In extreme weather, outdoor PE lessons should not last for more than 20 minutes when children should be brought indoors, given time to rest and drink water.
- Annual Sports' Day will be determined by preceding days' climate. Again children spectating should not do so for more than 20 minutes at a time without entering an area of shade.
- Pupils with Asthma, breathing difficulties or other relevant health conditions should avoid physical activities.
- Parents/carers and children must be encouraged to follow these procedures at home.
- Staff must also ensure they drink water regularly and take precautions against the high temperatures.
- In rare cases, extreme heat can cause heatstroke.
- Symptoms to look out for are: Cramp in arms, legs or stomach, feeling of mild confusion or weakness.
- If anyone has these symptoms, they should rest for several hours, keep cool and drink water or fruit juice.
- If symptoms get worse or don't go away medical advice should be sought. NHS Direct is available on 0845 4647
- If you suspect a member of staff or pupil has become seriously ill, call an ambulance. While waiting for the ambulance:
 - If possible, move the person somewhere cooler.
 - Increase ventilation by opening windows or using a fan.
 - Cool them down as quickly as possible by loosening their clothes, sprinkling them with cold water or wrapping them in a damp sheet.
- If they are conscious, give them water or fruit juice to drink. Do not give them aspirin or paracetamol.