



Cavendish Close
Infant and Nursery School



Sun Safety Policy

This policy was reviewed in December 2024

**Our sun safety accreditation was last awarded in
September 2024**

**Our next accreditation will be due for renewal
September 2025**

Policy Reviewed December 2024.....Changes as follow;

- Policy format
- Our offer to purchase school hats has changed (Section 1)
- Our offer to supply sunscreen has changed (Section 2)
 - Awareness of heat exhaustion (Section 3)

This policy outlines our commitment to;

PROTECTION: providing an environment that enables children and staff to stay safe in the sun.

EDUCATION: learning about sun safety to increase knowledge and influence behaviours.

COLLABORATION: working with parents, the management structure and the wider community to reinforce awareness about sun safety.

1. CLOTHING & SUN HATS | RATIONALE & RECOMMENDATIONS

Clothing is one of the most effective barriers between our skin and the sun and should always be considered the first line of defence against UV exposure. Ideally clothing should cover as much skin as possible. Shoulders should always be covered as they can easily burn.

Sun hats provided by both parents and schools should be:

- Either broad-brimmed, bucket style or legionnaire to adequately shade the face, neck, ears and cheeks.
- Baseball caps are not recommended as they do not provide shade to the neck, ears or cheeks. Whilst we do not recommend baseball caps, they are still better than no hat at all! However extra care should be taken to protect the neck, ears and cheeks with sunscreen as these areas can easily burn.

OUR POLICY ON CLOTHING AND SUN HATS

We actively remind parents to ensure children are equipped with an appropriate sun hat for use as required throughout the school day.

We make available additional/spare sun hats for all outdoor activities in the event a parent is unable to provide one, or if a child has lost or forgotten their own.

We ensure children wear their sun hat outdoors when UV levels reach 3 or above.

We use Sun Safe strategies to encourage children to cover up like 'No hat, play in the shade or indoors'.

We ensure pupils wear school and PE uniforms that keep shoulders covered.

2. SUNSCREEN | RATIONALE & RECOMMENDATIONS

Sunscreen should be applied to areas of exposed skin that are not covered by clothing to protect it from Ultraviolet Radiation. Without adequate protection, a child's delicate skin can easily burn, causing cumulative and irreparable damage. This can significantly increase their risk of developing skin cancer in later life.

It is recommended that all sunscreen provided by both parents and schools should be:

- Labelled 'Broad-Spectrum' to provide protection against both UVA and UVB.
- A minimum Sun Protection Factor (SPF) 30 to provide a high level of protection against UVB.

- **Ideally labelled with a UVA star rating with a minimum of 4 stars to ensure a high level of protection against UVA.**
- **Applied generously to exposed skin 20 minutes before going outdoors when UV levels reach 3 or above.**
- **Once-a-day sunscreens are not recommended as the level of protection decreases over time and all sunscreens should be regularly re-applied to maintain the required level of protection.**
- **ALL sunscreens should be reapplied at least every 2 hours and more often if sweating/towelling.**
- **Sunscreen should be stored in a cool, dry, accessible place.**
- **Remember to check expiry dates as sunscreen becomes less effective over time. If an expiration date is not displayed, look for an open jar symbol which will have a number next to it (i.e. 9M or 12M) - that's the number of months you can safely use the sunscreen after opening.**

OUR POLICY ON SUNSCREEN

We actively remind parents to ensure children are equipped with an appropriately protective sunscreen for use as required throughout the school day.

We ensure pupils apply sunscreen when UV levels reach 3 or above before extended periods of outdoor activities such as lunch breaks, PE, outdoor lessons and school trips.

A practical approach towards the application of sunscreen is necessary, with assistance provided only where necessary to younger or less able pupils, unless instructed otherwise by the parent/carer.

3. SHADE AND TIME SPENT OUTDOORS | RATIONALE & RECOMMENDATIONS

It is recommended that all schools provide generous shaded areas where children can congregate for outdoor play and activities during warmer weather. Shade can be provided naturally by trees and/or by built and/or portable structures. Outdoor play should be monitored and limited according to UV levels and during peak UV hours (between 11am and 3pm).

OUR POLICY ON SHADE

We currently provide shaded areas outdoors where children can congregate for outdoor play and activities.

We conduct shade assessments to consider future needs and are committed to improving shade solutions where necessary.

We encourage children to play in the shade as much as possible when UV levels reach 3 or above, particularly between peak UV hours (11am-3pm).

We monitor and limit time children spend outdoors when UV levels are high, particularly during peak UV hours between 11am and 3pm. All staff have an informed awareness of the risk of heat exhaustion and how to help prevent it.

4. MONITORING UV LEVELS | RATIONALE & RECOMMENDATIONS

It is recommended that all schools monitor UV levels daily during warmer months as sun safety measures should be implemented when UV levels reach 3 or above. A five day UV forecast for any UK location, provided by the Met Office in association with Skcin can be accessed on the Sun Safe Schools website.

OUR POLICY ON MONITORING UV

We are committed to monitoring the daily UV Index during warmer months to ensure appropriate sun safety measures are implemented when necessary.

A child each day is selected to be the UV monitor and we display the daily UV level to engage the children and reinforce the importance of sun safety on a daily basis during warmer months.

5. STAFF AND ROLE MODELLING | RATIONALE & RECOMMENDATIONS

Ensuring all staff are actively informed of the requirements and are involved in the implementation of this policy is crucial to ensure successful outcomes. UV exposure is not just a safeguarding issue for children, but for employees too. They are also seen as role models by both parents and children and should therefore be actively adopting and roll modelling the same sun safety practices outlined in this policy.

OUR POLICY ON STAFF AND ROLE MODELLING

We ensure all staff role model good sun safety behaviours such as applying sunscreen and wearing a sun hat when UV levels reach 3 or above

We are committed to ensuring all staff are actively involved in the implementation of this policy and that they consider the UV forecast and sun protection/control measures when planning outdoor play or activities.

6. EDUCATING CHILDREN | RATIONALE & RECOMMENDATIONS

Educating young learners on the importance of sun safety is vital to embed key messaging and influence behaviours. It is a statutory requirement under the PHSE curriculum that all English primary schools should educate children about safe and unsafe exposure to the sun, including how to reduce the risk of

skin cancer. The Sun Safe Schools accreditation programme provides you with all the resources you need to fulfil this requirement with a comprehensive range of educational resources to actively engage children of all ages, making sun safety fun and part of our everyday routine.

OUR POLICY ON SUN SAFETY EDUCATION

We are committed to educating all pupils annually about safe and unsafe exposure to the sun, including how to reduce the risk of skin cancer using the comprehensive, curriculum linked lesson plans, activities and resources provided by the Sun Safe Schools national accreditation programme.

7. INFORMING THE PARENT COMMUNITY | RATIONALE & RECOMMENDATIONS

Communicating your policy and regularly engaging with parents is vital in gaining the required level of support. The Sun Safe Schools accreditation programme provides you with comprehensive information to give to parents that helps to reinforce good sun safe practices at home as well as raising awareness of skin cancer prevention and early detection across the wider community.

OUR POLICY ON INFORMING THE PARENT COMMUNITY

We communicate our policy and actively remind parents of the required support through a range of channels e.g. our website, newsletters, text messages, social media and staff meetings.

We provide parents / carers with sun safety and skin cancer awareness information to promote support and raise awareness of the prevention and early detection of skin cancer across our wider school community.

8. HYDRATION | RATIONALE & RECOMMENDATIONS

Encouraging children to drink fluids regularly is important as children may not remember to drink by themselves. Young children have a higher proportion of body water than adults. They are also less heat tolerant and may be more likely to get dehydrated, especially when being physically active and in warmer weather.

OUR POLICY ON HYDRATION

We are committed to ensuring children are kept hydrated with drinks, particularly water, available and encouraged regularly throughout the day, especially during warmer weather and physical activity.

9. REVIEWING YOUR SUN PROTECTION POLICY | RATIONALE & RECOMMENDATIONS

Regularly monitoring and reviewing your Sun Protection Policy to ensure effectiveness and improve as required is key in achieving successful outcomes. Sun Safe Schools is an annual accreditation that requires you to review your policy and repeat all steps to ensure you are delivering a consistent and best practice approach to safeguarding and education. Once you have completed your accreditation you will be notified / reminded when it is due for renewal / review.

REVIEWING OUR SUN PROTECTION POLICY

Our 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 Safety Schools annual accreditation.