



Making the most of everyone.

Sun Protection Policy

**Policy Reviewed June 2023
Policy valid until June 2025**

Signed:

(Chair of Governors)

Sun Protection Policy

Aim

This policy aims to protect pupils and staff from the risks associated with exposure to the sun during the summer months.

Rationale

It represents the agreed principles for sun protection throughout Ysgol Penmorfa and continues to reflect our status as a Healthy School. It has been agreed by the governors and the school staff.

We want our staff and pupils to enjoy the sun safely. We believe that sun safety is important to ensure that pupils and staff are protected from skin damage caused by the harmful ultraviolet rays in sunlight. We will work with staff, pupils and parents/guardians to achieve this.

Implementation - Education

- All pupils will be reminded about sun safety throughout the year, but particularly in the summer term (Free visits to schools are available from Tenovus).
- Staff will be reminded every year about the school's sun safety policy and the importance of implementing all measures.
- Pupils will be told about the importance of drinking more water when it is hot and will be encouraged to bring water to school and to make use of water coolers / drinks stations.
- Staff will be encouraged to praise pupils that adhere to sun protection guidelines.
- Staff will be encouraged to remind pupils of the need for sun protection during social times if they are ignoring guidelines.
- All staff supervising application of sunscreen will be made aware of how it is applied and the amounts needed to be effective.
- Sun smart behaviour will be regularly reinforced and promoted to the whole school community through school assemblies, school website, newsletters, staff and parent meetings and new staff orientation.
- As part of occupational health and safety, and role-modelling, staff will be encouraged to wear a sun protective hat, covering clothing, sunglasses, to seek shade whenever possible and to apply sunscreen

Implementation - Collaboration

- We will ensure parents/carers are made aware of the sun protection policy at the start of every summer term. We will send our standard letter, appendix 1.
- We will encourage parents/carers to inform us of sunburn thought to have been sustained at school so that we can monitor the effectiveness of our sun protection policy.
- An opportunity for parents/carers, governors and staff will be made available annually to feedback any concerns or difficulties with the implementation of this policy, to review and update the policy for the following summer, and to monitor its effectiveness.

Implementation - Protection

We will provide an environment that enables pupils and staff to stay safe in the sun.

Shading

In summer term:

- Staff are regularly checking that there is sufficient shade outside
- Staff will encourage pupils to use shady areas of the school and its grounds during breaks, lunch hours, sports days and trips out.
- When it is hot all children outdoors between 12pm and 3pm will have shade sufficient that they may play in the shade and staff will encourage this.
- We will work towards increasing the provision of adequate shade for all pupils and staff.
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Timetabling

In the summer term:

- Sports Day events and outdoor activities/events will be held outside of the hours 1pm and 3pm if weather is forecast to be unusually hot to avoid the midday sun.
- If the sun is too hot breaks, PE lessons or any outdoor lessons will be held indoors, will be held under shade or will have their time slot changed.
- If the sun is hot and pupils are outdoors between 11am and 3pm:
 - a) A risk assessment will be completed and reason provided for not being able to schedule at any other time.
 - b) Shade for all pupils will be provided and its use encouraged
 - c) Appropriate clothing will be necessary i.e. a hat that covers the face, neck and ears as a minimum
 - d) Re-application of sunscreen will be prompted 20 minutes before going outdoors if necessary.

Clothing

In the summer term:

- We will actively encourage all pupils to wear a sunhat (ideally with a protective back flap) when playing outside.
- Pupils will be encouraged to wear sunglasses when outside in the summer term (if made available by parents/carers).
- Staff can wear hats when on outdoor duty or delivering lessons outdoors.
- Pupils will wear t-shirts during PE or outdoor lessons to cover up their shoulders.
- We will encourage staff and parents/guardians to act as good role models by practising sun safety
- Parents/guardians will be asked to ensure their children wear appropriate cover clothing during sunny periods

Sunscreen

In the summer term:

- The use of factor 15+ all-day sunscreen will be encouraged across the whole school day and during outdoor school trips or visits (Pupils will be encouraged to bring sunscreen to school).
- Parents/carers will receive information on the type of sunscreen and its application, along with advice to apply to their child before coming to school.
- All pupils will be prompted and supervised once in re-applying their sun screen.
 - ✓ Parents/carers will be asked to apply sunscreen to their children before they come to school. We will encourage the use of a15+ all-day sun screen.
 - ✓ Parents/carers will be asked to provide their child(ren) with their own sunscreen to bring to school so that they can apply it themselves.
 - ✓ Water is freely available to all pupils and they will be encouraged to drink regularly.

Staff

- ✓ Staff will be encouraged to wear sunscreen during PE or outdoor lessons and when on playground duty.

Review

We will review this policy bi-annually and will consider any changes in national guidance and any advice made available to us from Denbighshire County Council.

Appendix 1: parent/carers letter to send out in the summer term

Dear parent/carers,

Re: sun protection Policy

Now that we are in the summer term is approaching, we wanted to let you know about our sun protection policy. It is based on SunSmart, the national skin cancer prevention campaign run by Cancer Research UK. These are the SunSmart skin cancer prevention messages:

- S** Stay in the shade between 11am and 3pm
- M** Make sure you never burn
- A** Always cover up with t-shirt, hat and sunglasses
- R** Remember to take extra care with children
- T** Then use at least factor 15+ sunscreen

The sun's rays are particularly strong over the summer and they can damage children's skin. Sadly this can lead to skin cancer in later life. Your child's health and well-being are very important to us, which is why we have decided to:

- Dedicate time to teach children about sun protection
- Encourage pupils to use the shady areas on the field and in the playground
- Encourage pupils to bring a hat that covers face, neck and ears during the summer term.

More detail can be found in our sun protection policy on our website.

More information about SunSmart, and the evidence behind the guidelines can be found at www.sunsmart.org.uk

Your support is important and you can help us by:

- Talking to your child about the importance of sun protection
- Sending your child to school with a hat that protects the face, neck and ears and UV protective sunglasses.
- Applying all day factor 15+ sunscreen to your child before school, and if necessary sending to school a bottle of sunscreen labelled with their name. **(Due to severe nut allergies in school, sunscreens should not include traces of nuts or nut oils).**
- Reading the information on sunscreen and if you do not consent to your child applying their own sunscreen in school, please let your child's class teacher know via SeeSaw. Please remember staff are not allowed to apply sunscreen for them.
- Reporting to school any sunburn that you think may have been sustained at school or at home to help us improve and to monitor effectiveness of our sun protection policy.

I hope we can have a very happy and safe term.

Sharon Davies
HeadTeacher

Appendix 1: page 2 - parent/carers letter to send out in the summer term

****NB this appendix has not been sent to parents but the information has been shared via Seesaw instead with the opportunity for parents to opt out of their child applying their own sunscreen if they so wish****

Sunscreen consent

In accordance with our Sun Protection Policy all children are required to bring sunscreen to school, labelled with their name and kept in their bag for the summer term.

Attached is a slip to sign to confirm that you agree to provide sunscreen for your child. As a minimum, your child will be prompted once to re-apply before lunchtime, 20 minutes before going outdoors. This will be supervised by a member of staff trained in its appropriate application.

We ask that you apply sunscreen to your child before they arrive at school in the morning, even on cloudy or overcast days.

If you have any questions or concerns, please let us know either on the slip or approach one of the teachers who will be happy to discuss these with you.

Sunscreen facts and tips

- Sunscreen should **not** be used as an alternative to clothing and shade. It should be thought of as the last line of defence, and applied to the parts of the body that can't be covered.
- Buy sunscreen with at least SPF 15 to protect against UVB and at least four-star UVA protection.
- Check the expiry date as sunscreen becomes less effective over time.
- Regardless of claims of once daily application, sunscreen needs to be reapplied every 2 hours to remain effective.
- Recommended amounts of sunscreen to apply:
 - At least six full teaspoons to cover the body of an average adult which is more than half a teaspoon to each arm, and to the face/neck, and more than 1 teaspoon to each leg, front of body, and back of body.
- No sunscreen is 100% effective, and should not be used to extend time in the sun.
- Please refer to www.nhs.uk/video/pages/how-to-apply-sunscreen.aspx for further sun safety advice including the correct application of sunscreen.

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Sunscreen consent:

Pupil name: _____ Date: _____

Parent/carers name: _____ Signature: _____

I **agree/ disagree** to send my child to school with a bottle of sunscreen of at least SPF 15 and four-star UVA rating in their bag, labelled with their name, for the summer term.

Appendix 2: SunSmart Protection Policy Checklist (to be implemented in the summer term)

Where policy measures have not been achieved, reasons for not achieving along with any other comments and feedback will be discussed at the annual policy review hence the importance of completing these sections in full.

PROTECTION Time-tabling in the SUMMER TERM	Achieved	Reasons not achieved	Other comments/ feedback/evidence
<ul style="list-style-type: none"> The Sports Day event and outdoor activities/events will be scheduled outside of the hours 12pm and 3pm where possible to avoid the midday sun. 			
<ul style="list-style-type: none"> If the sun is too hot breaks, PE lessons or any outdoor lessons will be held indoors, will be held under shade or will have their time slot changed. 			
<p>If outdoors between 11am and 3pm and the sun is hot:</p> <ul style="list-style-type: none"> Risk assessments are completed and reasons provided for not being able to schedule at any other time Shade for all children is provided/use encouraged Appropriate clothing is worn including a hat that covers the face, neck and ears as a minimum (even on cloudy/overcast days) Re-application of sunscreen is prompted 20 minutes before going outdoors 			
PROTECTION Shade in the SUMMER TERM	Achieved	Reasons not achieved	Other comments/ feedback/evidence
Annual shade audit			
Staff encourage pupils to use shady areas of the school and its grounds during breaks, lunch hours, sports days and trips out.			
In hot weather all children outdoors between 12pm and 3pm have shade sufficient that they may play in the shade and staff encourage this.			
Seating areas and play areas are in the shade			
PROTECTION Clothing in the SUMMER TERM	Achieved	Reasons not achieved	Other comments/feedback/ evidence

All children are encouraged to wear hats that protect their face, neck and ears as part of their summer school uniform when outdoors (e.g. wide brimmed, legionnaire or bucket hats)			
Children encouraged to wear sunglasses when outdoors if made available by their parents/carers			
Staff are encouraged to wear hats when on outdoor duty or delivering lessons outdoors.			
Pupils are encouraged to wear t-shirts during PE or outdoor lessons to cover up their shoulders.			
PROTECTION Sunscreen in the SUMMER TERM	Achieved	Reasons not achieved	Other comments/ feedback/evidence
All children encouraged to bring their own sunscreen to school			
Parents/carers receive information on the types of sunscreen and are asked to apply to their child(ren) before coming to school			
As a minimum all pupils are prompted and supervised once in re-applying their sun screen. For example before lunchtime 20 minutes before going outdoors.			
EDUCATION	Achieved	Reasons not achieved	Other comments/ feedback/evidence
All pupils have a minimum of one sun safety lesson at the start of the Summer term (e.g. Tenovus provide free visits)			
Staff reminded every year about the schools sun safety policy and the importance of implementing all measures.			
All pupils are told to about the importance of drinking more water when it is hot and are encouraged to bring water to school/make use of water coolers.			
Staff encouraged to praise pupils that adhere to sun protection guidelines.			
Staff encouraged to remind pupils of the need for sun protection during social times if they are ignoring guidelines.			
All staff supervising sunscreen application are aware of how it is applied and the amounts needed to be effective			
Sunsmart behaviour regularly reinforced and promoted to whole school community (e.g. newsletters, website, assemblies)			
Staff encouraged to wear hats, covering clothing, sunglasses, seek shade when possible, and apply sunscreen			

COLLABORATION	Achieved	Not achieved	Other comments/ feedback/evidence
Parents/carers made aware of sun protection policy at start of summer term (e.g. letter)			
Parents/carers encouraged to report sunburn thought to have been sustained whilst at school or at home			
Fundraising for shade structures/ spare hats/ more appropriate summer school uniform			
Opportunity for parents/carers, governors and staff made available annually to feedback any concerns or difficulties with the implementation of this policy			