

# CLEE HILL COMMUNITY ACADEMY

## Sun Protection Policy



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### Introduction

We believe it is important to raise awareness of why our children need sun protection. We recognise that some sun is good for us but over-exposure to Ultraviolet Radiation (UVR) is an important safeguarding issue. Sun exposure in the first 15 years of life significantly contributes to a person's lifetime risk of developing skin cancer, highlighting the importance of increasing knowledge and influencing behaviours, ensuring children are protected against UVR and learn how to enjoy the sun safely.

This policy sets out how we protect children from the sun, educate about sun safety and how we collaborate with Parents/Carers and the wider community to reinforce awareness about sun safety.

### Curriculum

We are committed to educating all pupils annually about safe and unsafe exposure to the sun. These measures are in place:

- We will talk about how to be 'Sun Smart' in assemblies and PSHE lessons.
- We will encourage all children to wear appropriate sun hats when outside and sunny.
- Children may need shade breaks during hot periods.
- Parents/Carers are encouraged to apply sunscreen before school, send in sun-cream and hats when the weather is hot.
- Water is available to the children at all times and children are encouraged to drink regularly throughout the day to avoid dehydration.

### Teaching and Learning

Teachers take into consideration the following things when planning lessons:

- When the sun is strong, we will encourage pupils to learn/play in the shade where it is available; seats and equipment are moved to shady areas and the Reading Realm can be used as a canopy to provide shade. There are limited trees in the playground area, however buildings and external shelters create some shade.
- During lunch and break times, the amount of heat/ sunshine will be reviewed and, on very hot days, indoor break may be used to reduce over exposure.
- Organised activities make use of the shade available.
- When hot weather warnings are given out, Leaders will assess the safety of children being outside and where necessary reduce time spent in the sun.
- Staff actively role model good sun safety behaviours such as applying sunscreen and wearing a sun hat when UV levels are high.

### Clothing

Clothing is one of the most efficient barriers between our skin and the sun and should always be considered as the first line of defence against UV exposure. Ideally, clothing should cover as much skin and possible. When outside in sunny weather, children are asked to wear hats that adequately shade the face, neck, ears and cheeks. Pupils are encouraged to wear tops and dresses that cover their shoulders. Our PE uniform consists of t-shirts and shorts for comfort and protection in the sun. Pupils are allowed to wear UV protective sunglasses, especially if they are hay fever sufferers.

Children will be allowed and encouraged to take their water bottles outside and lunchtime supervisors encourage them to increase their water intake during lunchtime and break time. Children will also have water bottles fully available throughout their learning time.

### Sun cream

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 later in life. Sunscreen use will be encouraged on days when the sun is strong during summer at lunch breaks, during PE lessons and on school trips. We advise Parents/Carers to choose a sunscreen with an SPF of at least 30.

Where possible, children should apply a long-lasting sun cream before school. When reapplying sun-cream during the day most children should be capable of applying their own sunscreen under supervision, except for the very young or those with additional needs. It's a good idea to teach your child to apply their own sunscreen once they're of school age, encouraging them to cover any exposed areas of skin. Parents must ensure that sun-cream is named, and sun-cream **MUST NOT** be shared with other pupils.

In the school nursery, parents sign to give permission to apply sun cream to their child throughout the day. Parents need to provide named sun cream for their child - see Nursery

admission form. For pupils in class 1, please give consent for your child to have sun cream applied via class dojo.

### Communicating our Policy

All staff are made aware of this policy and the importance of sun protection within the school environment at staff meetings and key stage meetings. We communicate our policy with Parents/Carers through our website, newsletters, letters and social media.