

Easebourne CE Primary School

## Sun Protection Policy

Adopted: June 2023

Review: June 2024



Lead member of staff	Headteacher
Governor Committee	FGB
Signature of Chair of Governors	

**“And now these three remain: faith, hope and love. But the greatest of these is love.”**

**[Corinthians 13:13]**

In a safe, loving environment built on the strong Christian values of **faith**, **hope** and **love**, we want our children to **ACHIEVE** excellence and a love of learning, fulfilling their potential, and to **BUILD** their life skills, experiences and dreams. We also seek to **CONNECT** our children with their learning, their wider community and the environment.

### **POLICY RATIONALE**

Whilst we recognise that some sun is good for us, over-exposure to Ultraviolet Radiation (UVR) is an important safeguarding issue for schools. During the warmer months of the year, children are exposed to UVR from the sun, often when penetration is strongest (between 11am and 3pm). 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. Skin cancer is the most common cancer in the UK with rates of the disease rising faster than any other cancer. Around 90% of skin cancers are caused by over-exposure to UVR, so it is almost entirely preventable. Sun exposure in the first 15 years of life contributes significantly to a person’s lifetime risk of developing skin cancer, highlighting the importance of schools and parents working together to increase knowledge and influence behaviours, ensuring children are protected against UVR and learn how to enjoy the sun safely.

**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 behaviour.

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

## CLOTHING & SUN HATS

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 because 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.

We actively remind parents to ensure children are equipped with an appropriate sun hat for use as required throughout the school day. The office has a limited supply of 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 have a limited supply of 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 and sun hats are available from the school office for parents to purchase. The school sends regular reminders to parents to encourage children to wear sunhats outdoors when UV levels are high and insist that those children without a hat either borrow a school spare or play in the shade.

## SUNSCREEN

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. Whilst we will share the recommendations below on our website, the highlighted sections do not currently form part of this policy document. Children in Year 2 and above are welcome to bring in sunscreen (clearly named) and they can apply it before lunch. Parents of children in Reception and Year 1 may send named sunscreen into school and an adult will help them with one application before lunch.

### **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.
- ALL sunscreens should be reapplied at least every 2 hours and more often if sweating/towelling.
- 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.
- Sunscreen should be stored in a cool, dry, accessible place.
- 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.

## **SHADE**

We provide shaded areas outdoors where children can congregate for outdoor play and activities. In periods of extreme heat, we provide additional shaded areas for children (e.g. gazebos). We encourage children to play in the shade as much as possible when UV levels are high, particularly between peak UV hours (11am-3pm). We monitor and limit time children spend outdoors when UV levels are high as necessary.

## **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 within our PHSE curriculum.

## **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.