

# Boughton Monchelsea Primary School

## Sun Protection Policy



Draft Prepared	June 2018
Date Agreed	
Signed by Headteacher	
Signed (Chair of Governors)	
Date Policy to be Reviewed	June 2021

## Rationale

Too much exposure to ultraviolet light (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of skin cancer. There is enormous potential for schools to help prevent skin cancer in future generations. Schools are central to protecting children's skin this is because:

- Children are at school five out of seven days a week at times when UV rays are high.
- Most damage due to sun exposure occurs during the school years.
- Schools can play a significant role in changing behaviours through role modelling and education.
- Students and teachers are at risk of sunburn within 10-15 minutes of being exposed to strong sunlight.
- Students spend an average of 1.5 hours outside per school day, more if involved in sports and outdoor activities.
- Skin cancer is largely preventable through behaviour modification and sun protection during early years.

At Boughton Monchelsea Primary School we acknowledge the importance of sun protection and want staff and pupils to enjoy the sun safely. We will work with staff, pupils and parents to achieve this through:

## Education

- We will talk about how to be safe in the sun in assemblies during the summer term
- Parents and guardians will be informed about what the school is doing about sun protection and how they can help at the beginning of the summer term.
- Information on sun safety will be provided for staff and parents

## Protection

We encourage students and staff to wear protective clothing during summer term

- **Clothing.** Our school clothing is made of close weave fabric and includes shirts and dresses with collars and sleeve. Our school P.E. kit consists of T shirts rather than vest style tops.
- **Hats.** In the summer terms, children are encouraged to wear hats that protect their face, neck and ears such as legionnaire hats, when they are outside.
- **Sunglasses.** On sunny days children may wear sunglasses when outdoors. Make sure the sunglasses have UV protection. (Look for BS EN 1836:1997 on the label.)

### **Sunscreen**

Covering up and seeking shade are the most important sun protection measures. In addition, sunscreen can provide protection to exposed skin. However sunscreen should not be used to increase the amount of time spent in the sun.

Sunscreen use will be encouraged on days when the sun is strong during summer at lunch breaks, during PE lessons and on school trips.

Parents/carers should apply sunscreen to their children before the start of school. Children can bring in sun cream (clearly labelled with child's name) for application at lunchtime. In Year R, parents can request that staff help with the application of sunscreen. Extra sunscreen will be made available in case children forget their own.

### **Shade**

- The school makes sure there is sufficient number of shelters and trees providing shade in the school grounds.
- The availability of shade is considered when planning excursions and all outdoor activities.
- Children are encouraged to make use of available shaded areas when outside.

### **Role modelling**

- We encourage staff to act as role models by;
  - Wearing protective hats, clothing and sunglasses when outside.
  - Apply SPF 15+ broad spectrum, water resistant sunscreen.
  - Seeking shade whenever possible.
- Families and visitors are encouraged to use a combination of these sun protection measures when attending and participating in outdoor activities.
- We encourage parents to support the school by acting as role models and providing protection for their children.