



# Sun Protection Policy

**Sun Protection Policy (Including EYFS)**

**Policy Review Date:** November 2019

**Reviewed By:** A Evans & SLT

**Next Review:** November 2020 (or following incident, legislation or interim guidance)

## Updates and Amendments to Policy

Date	Section Heading	Update Details	Page N°

## CONTENTS

<b>Section</b>	<b>Title</b>	<b>Page N°</b>
<b>1</b>	<b>Policy Statement</b>	<b>4</b>
<b>2</b>	<b>Policy Aims</b>	<b>4</b>
2.1	Partnership	4
2.2	Education	4
2.3	Protection	4
<b>3</b>	<b>Partnership</b>	<b>4</b>
<b>4</b>	<b>Education</b>	<b>5</b>
<b>5</b>	<b>Protection</b>	<b>5</b>
5.1	Shade	5
5.2	Clothing	5
5.3	Sunscreen	5
5.4	Drinking Water	5
<b>6</b>	<b>Advice to Staff on Applying Sunscreen</b>	<b>6</b>
<b>7</b>	<b>Reviewer and Governing Body Sign-Off</b>	<b>7</b>
<b>APPENDIX A</b>	<b>Letter to Parents/Carers</b>	<b>8</b>
<b>APPENDIX B</b>	<b>Nursery &amp; Pre-School Permission to Apply Sun Cream</b>	<b>9</b>

## **Section 1**

### **Policy Statement**

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.
- Children and teachers are at risk of sunburn within 10-15 minutes of being exposed to strong sunlight.
- Children 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.

Avalon School want staff and pupils to enjoy the sun safely. We will work with staff, parents/carers and pupils to achieve this by raising parent/carers and pupil awareness.

This policy has been developed using the Cancer Research UK SunSmart Guidelines for Primary Schools.

## **Section 2**

### **Policy Aims**

#### 2.1 Partnership

Avalon School will aim to work with parents/carers, governors and the wider community to reinforce awareness about sun safety and promote a healthy school.

#### 2.2 Education

Avalon School will seek to provide appropriate guidance through the curriculum and information about sun safety to increase knowledge and influence behaviour.

#### 2.3 Protection

Avalon will seek to provide an environment that enable pupils and staff to stay safe in the sun.

## **Section 3**

### **Partnership**

Avalon School will promote sun safety through working with parents/carers, governors, staff and the wider community to improve our understanding and provision to avoid the harmful effects of too much exposure to ultraviolet light (UV),

Staff should act as positive role models and set a good example by seeking out the shade whenever possible and wearing suitable clothing, hat and sunscreen.

Relevant health professionals will be invited into the school periodically to advise the school on 'sun safety'.

## **Section 4 Education**

All children will learn about how to stay safe in the sun at the start of the summer term during PHSCEE lessons.

At the beginning of the summer term parents/carers will be sent a letter explaining what the school is doing about sun protection and how they can help.

Children will be encouraged to use the shaded areas of the school during playtimes.

## **Section 5 Protection**

### **5.1 Shade**

Avalon School playground has shade provided either by the school buildings, outdoor shelters and trees.

Children will be encouraged to use the shaded areas of the school during playtimes when appropriate.

The availability of shade will be considered when planning trips and all outdoor activities/events.

### **5.2 Clothing**

Children will be encouraged to bring a sun hat to wear at playtimes and during outdoor PE lessons in the summer term.

Children may bring sunglasses to school to be worn outdoors on bright days.

Children should wear the appropriate school PE kit to ensure that shoulders are covered during PE lessons.

Staff will be encouraged to wear hats/sunglasses when undertaking playground duty and during PE lessons as necessary.

### **5.3 Sunscreen**

Sunscreen will be encouraged on school trips and for outdoor PE lessons or any other prolonged outdoor school related activities during the summer term.

Children are expected to bring their own sunscreen (named) and apply it themselves. Except in EYFS where the appropriate key worker will apply sunscreen in accordance with the guidance in Section 6 of this policy.

Children may only use their own sunscreen.

Permission letters will be sent home at the beginning of the summer term to seek permission for children to apply their own sunscreen.

Parents/carers are asked to teach their children how to sensibly use and apply sunscreen and will clearly label any sunscreen provided with their child's name.

Sunscreen provided must be a minimum SPF15 with broad spectrum UVA protection.

### **5.4 Drinking Water**

Children are encouraged to increase their water intake in hot weather and are encouraged to drink water during break times and lunch times. Every child should bring a water bottle to school every day.

## **Section 6**

### **Advice to Staff on Applying Sunscreen**

Staff are not required to administer sunscreen to children. Staff are to use their professional judgement to decide whether or not they volunteer to administer sunscreen.

Where a risk assessment has been decided that all other control measures such as limiting exposure and use of shade, are either inadequate or unavailable and the use of the sunscreen to provide protection cannot be avoided the following advice must be considered:

- The protective effect of sunscreen products is reduced over time, as the sunscreen is absorbed and/or rubbed off.
- Sunscreen applied before school, generally, provides insufficient protection for a whole day, unless specific long-life creams have been used.
- Most children will be able, with some direction, to apply sunscreens themselves. This prevents allegations of abuse.
- Dermatologists recommend that a sunscreen with a sun protection factor (SPF) of 15 or above and capable of protecting against UVA and UVB spectra, will provide children with adequate protection.

Sunscreens should not be used to prolong the amount of time in the sun but as a form of protection when other measures are unavailable or impractical, or when additional protection is required.

At Avalon School this would include:

- Outdoor breaks, particularly lunch time.
- PE or other outdoor lessons/activities
- Sports days
- Educational visits/trips

Where the decision has been made to use sunscreen as a control measure, it will be necessary to ensure that they are applied correctly. Staff need to advise children to:

Use about a dessert spoon of the sunscreen (sufficient for a child, the equivalent for babies and adults is about teaspoon and tablespoon respectively).

Spread it evenly over the exposed areas of the body (face, neck, arms and legs) with particular attention to those areas that burn easily. Such as the ears and neck.

Rub it in well.

Young children and some children with special needs may require assistance.

Staff should avoid touching children in a way that might be considered indecent and should be aware of those children for whom touching is unwelcome.

Permission for someone else to apply sunscreen must be gained from parents/carers prior to administering.

Staff who do help to apply sunscreens should do so only on the face, neck and arms to minimise the risk of abuse allegations. Support should only be given in an open area.

Risk assessments must consider potential silliness and the level of supervision required to ensure that children who bring in their own sunscreen to school use the product appropriately.

**Section 7**  
**Reviewer and Governing Body Sign-Off**

This policy will be given to all staff members who must read.

J Callaway, Headteacher

C Kidd, Chair of Governors

**APPENDIX A**  
**Letter to Parents/Carers**

Dear Parents/Carers,



**Sun Protection Policy**

With the help of staff and children we have developed our sun protection policy to ensure that we can all enjoy the sun safely over the coming months.

The sun's rays are particularly strong over the summer and they can damage children's skin. This may not seem like a problem right now, but it 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:

- Increase the amount of school time spent learning about sun protection.
- Encourage children to seek the shade from the sun.
- Encourage children to wear hats when outside.
- Encourage children to use at least SPF 15 sunscreen in summer months.

Together with this letter we have enclosed a copy of Cancer Research's leaflet Being Sun Smart which will explain how to keep your family safe from the sun at home.

Your support is very important if our new policy is going to work. You can help by:

- Talking to your child about the importance of sun protection at home.
- On sunny days sending your child to school with a wide brimmed hat.
- Applying sunscreen at the start of the day.

Yours sincerely

Mrs J Callaway  
**Headteacher**

**APPENDIX B**  
**Nursery & Pre-School Permission to Apply Sun Cream**



## Sun Cream Permission Application Form

I hereby give permission for Avalon EYFS Staff to apply Sun Cream as and when required to:

### Pupil Details

Name:	
Date of Birth:	

### Parent/Carer details

Name of Parent/Carer:	
Signed:	
Date:	