

Poulton Lancelyn Primary School
Sun Safety Policy

Why is sun protection important for children and young people?

The number of cases of malignant melanoma, the most serious form of skin cancer is rising at an alarming rate. The good news is that the majority of these cases could be prevented. Most skin cancers are caused by too much ultraviolet (UV) radiation from the sun. If we protect ourselves from overexposure to the sun then we can reduce our risk. This is particularly important for children and young people whose skin is more delicate and easily damaged.

We get around 80% of our sun exposure by the age of 21 and much of this exposure occurs when at school. Schools have a responsibility to ensure that pupils are protected from the harmful effects of the sun as much as possible during the school day.

The main elements of this policy are:

- Partnership: working with parents/carers, governors, our school nurse and the wider community to reinforce awareness about sun safety and promote a healthy school.
- Education: learning about sun safety to increase knowledge and influence behaviour.
- Protection: providing an environment that enables pupils and staff to stay safe in the sun.

Partnership

- Sun safety will be promoted through working with parents, governors 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 professional (school nurses and health promotion officers) will be invited into the school periodically to advise the school on 'sun safety'

Education

- Annually an assembly will be dedicated to sun safety. This will emphasise the 5 S of Sun Safety including: Slip Slop Slap – to Slip on a T Shirt, Slop on the Sunscreen, Slap on a hat.
- At appropriate times during the year the children will be reminded about How to be Sun Safe.
- Parents will be asked through newsletters / letters to support this policy by encouraging their children to adopt the messages of the 5 S.
- Children will be encouraged to use the shaded areas of the school during playtimes.

Protection

Shade:

- The school playgrounds and field have shade provided either by the school building, shelters and trees.
- Children will be encouraged to use the shaded areas of the school when appropriate.

Clothing:

- The children will be encouraged to wear clothes that provide good sun protection.
- Hats should remain in school at all times (between March and end of September).

Sunscreen

- Sunscreen use will be encouraged on days when the sun is strong during summer at lunch breaks, during outside PE lessons and on school trips
- Sunscreen can be sent into school, labelled with child's name. We will ask for permission for pupils to self -apply sunscreen on days when the sun is strong during the summer months.

Permission slips available from the school office

Drinking Water

In hot weather children are encouraged to drink water during break times and lunchtimes. All children should bring a water bottle to school every day. The children are able to re-fill their water bottles in school.