



Sun Protection 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.

Schools can play a very important role in assisting with the prevention of this 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 school years.
- Schools can play a significant role in changing behaviours through role modelling and education.
- There is a risk of sunburn within 10-15 minutes of being exposed to strong sunlight.
- Children spend an average of 1.5 hours outside per day, more if involved in sports or outdoor activities.
- Skin cancer is largely preventable through behaviour modification and sun protection during early years.

What our school does:

Timetabling

- In the summer months aim to schedule outside activities, before 11am and after 3pm if appropriate.
- If this is unavoidable then ensure hats, clothing and sunscreen are all worn to prevent sunburn.
- Look to provide shaded areas where pupils can use during break periods

Clothing

- When outside in sunny weather, children are encouraged to wear hats that cover the ears, face and neck.
- Allow pupils to wear UV protected sunglasses
- Allow teachers to wear hats and sunglasses when on playground duty and teaching outdoors on sunny days.

Sunscreen

- Encourage pupils to apply sunscreen before school commences on sunny days during the summer. Further sunscreen may need to be applied before lunch breaks and PE lessons
- Sunscreen, if brought into school MUST be named and stored in a central place in each classroom
- Children must be able to apply their own cream
- Sunscreen must be in the form of a cream and NOT a spay (to avoid accidental spraying in eyes etc)
- Pupils must not share creams with others

Educate

- Educate children throughout the curriculum about the causes of skin cancer and how to protect their skin;
- Encourage staff and parents to act as good role models by practising sun safety;
- Regularly remind children, staff and parents about sun safety through newsletters, posters and activities for pupils.

Further Information

NHS Website – Sunscreen and Safety

<http://www.nhs.uk/Livewell/skin/Pages/Sunsafer.aspx>

Sun Safe Schools – Guidance and helpful hints on sun safety in schools

<http://www.sunsafeschools.co.uk/>

SGC Public Health Department – South Glos Council - Heatwave planning <http://www.southglos.gov.uk/health-and-social-care/staying-healthy/health-protection/emergency-planning-and-weather-advice/emergencies/preparing-for-emergencies/preparing-for-heat-waves/>