

Care in the Sun



All of our policies are underpinned by our Vision and driven by our values of Friendship, Family and Fulfilment.

Introduction

Research has shown that too much sun can cause skin damage including sunburn, premature aging and skin cancer. What may seem like minor sunburn in childhood can lead to long-term skin damage and may increase the risk of melanoma in later life.

Aims

We acknowledge the importance of sun protection and want staff and pupils to enjoy the sun safely. We work with staff, pupils and parents to achieve this through:

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

Protection

- We ensure the children have suitable clothing that will protect them from the sun: PE kit for outdoor activities, appropriate hats etc.
- We encourage children to use shaded areas of the playground during break and lunch times: trees, buildings, garden structures and we will consider such issues in the development of the school grounds. Sunbathing is definitely discouraged.
- We take appropriate precautions for all outdoor activities such as Sports Day, After-school sports and clubs, school outings and trips.
- We take extra precautions for the Infants when using their outdoor areas.
- We permit and indeed encourage the use of sunscreens in school and endeavour to ensure that they are used correctly. Sunscreen can be brought in to school so that pupils can apply extra sunscreen during hot days.

Education

- Sun awareness and sun safety issues will be addressed in the appropriate curriculum areas, particularly Science, PSHE and PE.

- Children, staff and parents will be regularly reminded about sun safety through newsletters, posters and activities for pupils.
- We will talk about how to be 'SunSmart' in assemblies at the start of Term 5 and before the summer break.
- Parents and guardians will be reminded about the school sun protection policy and how they can help at the start of Term 5.

Partnership

- Teaching staff and MDSAs will be familiar with these guidelines and will ensure that they are correctly implemented.
- Staff will follow protection procedures and will act as role models, for example wearing hats outside during hot days.
- We encourage parents to act as good role models by practising sun safety.
- We gain permission from parents/guardians to apply sunscreen at school.

Suggestions to help cope with hot weather

- Teachers should make a judgement as to the temperature of classrooms and make internal arrangements to teach in cooler areas where possible.
- Teachers should encourage pupils to drink water and ensure there are regular breaks for them to do so. Staff must also ensure they drink water regularly.
- Where possible, all doors and windows should be opened to provide a through breeze & class room blinds should be drawn.
- Physical education lessons should be carefully planned to avoid sun exposure, unnecessary exertion and dehydration. In extreme weather, outdoor PE lessons should not last for more than 20 minutes when children should be brought indoors, given time to rest and drink water.

Heatstroke

On rare occasions children may suffer from heatstroke.

- Symptoms to look out for include: cramp in arms, legs or stomach, feeling of mild confusion or weakness.
- If anyone has these symptoms, they should rest for several hours, keep cool and drink water or fruit juice.
- If symptoms get worse or don't go away medical advice should be sought.
- **If you suspect a member of staff or pupil has become seriously ill, call an ambulance. While waiting for the ambulance:**

- If possible, move the person somewhere cooler.
- Increase ventilation by opening windows or using a fan.
- Cool them down as quickly as possible by loosening their clothes, sprinkling them with cold water or wrapping them in a damp sheet.
- If they are conscious, give them water or fruit juice to drink.
- Do not give aspirin or paracetamol.

CARE IN THE SUN**Reviewed:** 2 years**Reviewed by:** Head teacher & staff**Ratified:****Next Review:** Summer 2025**Filed:** PITTON POLICIES/Non Statutory_Children