



GRANGE INFANT SCHOOL **SUN SAFETY POLICY**

Aims

The aim of this sun safety policy is to protect children and staff from skin damage caused by the effects of ultraviolet (UV) radiation from the sun and the National Institute for Health and Clinical Excellence (NICE) guidelines for skin cancer prevention (2011) recommend that schools “develop, implement and monitor a specially tailored policy to ensure people are protected as much as possible”. The success of this health promotion programme will be more successful when an integrated whole school approach is adopted.

The main elements of this policy are:

- 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, our school nurse and the wider community to reinforce awareness about sun safety and promote a healthy school.

The school believes in Sun Safety

To ensure that children and staff are protected from skin damage caused by the harmful UV rays in sunlight. As part of the Sun Safety Policy, our school will:

- educate children throughout the curriculum about the causes of skin cancer and how to protect their skin;
- encourage children to wear clothes that provide good sun protection
- hold outdoor activities in areas of shade whenever possible, and encourage children to use shady areas during breaks, lunch-hours, sports and trips. Sunbathing is definitely discouraged
- work towards increasing the provision of adequate shade for everybody
- 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, parent meetings, and activities for pupils
- invite relevant professional (school nurses and health promotion officers to advise the school on sun safety'
- make sure the Sun Safety Policy is working. We will regularly monitor our curriculum, assess shade provision, and review the sun safety behaviour of our young people and staff (use of hats, shade etc)

Suggestions to help cope with hot weather

- Pupils to wear hats when outside
- Pupils should wear sun cream
- 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.

- 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
- Annual Sports' Day will be determined by preceding days' climate. Again, children spectating should not do so for more than 20 minutes at a time
- Pupils with Asthma, breathing difficulties or other relevant health conditions should avoid physical activities
- Parents/carers and children must be encouraged to follow these procedures at home
- Staff must also ensure they drink water regularly and take precautions against the high temperatures

In rare cases, extreme heat can cause heatstroke. Symptoms to look out for are:

- 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. NHS Direct is available on 111.

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 them aspirin or paracetamol.

School Trips

All trips will require children to bring a sun hat and sunscreen clearly labelled with the child's name. Staff organising and escorting the trip will be provided with extra sunscreen (SPF 30+) in case children forget their own.

It is not expected that staff will apply sunscreen to children, staff will encourage and supervise the children to apply the sunscreen to themselves.

This policy will be reviewed annually.

Date reviewed: December 2025

Date for next review: December 2026