



## Gosforth Park First School

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### Document Number

GP-GB-PO-046

### Document Name

GPFS Sun Policy

### Version Number

V 01

#### Version Control

Document	Version	Date	Author	Change Description
GP-GB-PO-046	01	15/5/2024	GB	First release



### **Rationale**

At Gosforth Park First School we hope staff and pupils will enjoy the sun safely whilst respecting the need to protect against its potentially harmful effects. Without adequate protection, a child's delicate skin can easily burn, causing cumulative and irreparable damage. This can significantly increase their risk of developing skin cancer in later life. Skin cancer is the most common cancer in the UK with rates of the disease rising faster than any other cancer. Sun exposure in the first 15 years of life contributes significantly to a person's lifetime risk of developing skin cancer, highlighting the importance of schools and parents working together to increase knowledge and influence behaviours, ensuring children are protected and learn how to enjoy the sun safely. Our policy draws on guidance from the NHS, DfE and the sun safety charity SkCin (<https://www.sunsafeschools.co.uk/about/> )

### **Aim**

The aim of this sun safety policy is to ensure parents, staff and children are all aware of the need for sun safety to protect themselves from skin damage from harmful ultraviolet rays in sunlight.

This policy outlines our commitment to:

PROTECTION: Providing an environment that enables children and staff to stay safe in the sun.

EDUCATION: Learning about sun safety to increase knowledge and influence behaviour.

COLLABORATION: Working with parents, staff and the wider community to reinforce awareness about sun safety.

### **Implementation**

#### **1. Clothing**

Clothing is one of the most effective barriers between our skin and the sun and should always be considered the first line of defence against UV exposure. Ideally clothing should cover as much skin as possible. Shoulders should always be covered as they can easily burn.

Parents are encouraged to send their child into school with either broad-brimmed or bucket style hat to adequately shade the face, neck, ears and cheeks. Baseball caps are not recommended because they do not provide shade to the neck, ears or cheeks. Whilst we do not recommend baseball caps, they are still better than no hat at all! However extra care should be taken to protect the neck, ears and cheeks with sunscreen, as these areas can easily burn.

Children will be reminded during hot weather to remove their jumpers and cardigans to prevent overheating.

#### **2. Sunscreen**

Sunscreen should be applied to areas of exposed skin that are not covered by clothing to protect it from Ultraviolet Radiation. Without adequate protection, a child's delicate skin can easily burn, causing cumulative and irreparable damage. This can significantly increase their risk of developing skin cancer in later life.

Sunscreen should be provided by the parents and should be:



- Labelled 'Broad-Spectrum' to provide protection against both UVA and UVB.
- A minimum Sun Protection Factor (SPF) 30
- Checked to ensure it is still within its expiry date

Parents should apply sunscreen liberally before school. Children can bring in their own sunscreen to reapply during the day. This should be a labelled bottle and kept in their bag. They must be able to apply themselves and must not share their cream with other children. Staff can help squeeze the cream into the children's hands at lunchtime for those families that supply sun cream and help direct them where to apply it. No staff member will apply children's suncream directly for any year group.

Staff will encourage and remind all children to reapply their sunscreen at appropriate intervals during the school day.

### **3. Environment**

As a school we will:

- Provide shady areas in the outdoor spaces as part of our OPAL provision.
- Encourage children to use the shady spaces when there are prolonged periods of sun and intense heat.
- Encourage staff to find shady areas when taking the children on outdoor visits during the summer months.
- Where possible, all doors and windows will be opened to provide a through breeze & classroom blinds should be drawn. During intense heat, if the external temperature is hotter than the internal temperature and there is no breeze, doors and windows will remain closed.
- Turn off non-essential lights and electrical equipment as they generate heat.
- Carefully plan PE lessons to avoid undue or lengthy sun exposure, unnecessary exertion and dehydration. In extreme weather, outdoor PE lessons should not last for more than 20-30 minutes when children should be brought indoors, given time to rest and drink water.
- Ensure all medication is stored appropriately, out of direct sunlight and within the correct temperature range.
- Ensure all children have access to water to refill their water bottles. Parents are encouraged to send their children into school with a named water bottle every day

### **4. Education**

Our PSHE curriculum across school contains lessons which educate our children about safe and unsafe exposure to the sun and how to reduce the risk of sun damage, including skin cancer.

As part of our safeguarding curriculum, we have assemblies to educate and inform the children about sun exposure and sun safety.



We communicate our policy and actively remind parents of the required support through a range of channels e.g. our website, newsletters, social media and staff meetings.

We provide parents / carers with sun safety and skin cancer awareness information to promote support and raise awareness of the prevention and early detection of skin cancer across our wider school community.

### **5. Early Years Pupils**

We are mindful that our pupils in Nursery and Reception are likely to spend a lot more time outside as part of their 'free flow' continuous provision time, where they can choose to be either in the classroom spaces or the outdoor area. In light of this, it is particularly important for parents and carers to ensure that they apply sunscreen liberally on their children at the beginning of each day during the warmer months and also teach their children how to apply this independently. We will ensure that adequate time is allocated during the school day in Nursery and Reception to re-apply sunscreen as a whole class and EYFS staff will model how to do this on their own bodies as part of this process, in order to demonstrate clearly to the children how they should be applying it on themselves.

### **6. First Aid**

During periods of intense heat, pupils with asthma, breathing difficulties or other relevant health conditions should avoid excessive physical exertion. Staff must be aware of children who have a low tolerance to hot/humid conditions.

We are aware that in rare cases, extreme heat or sun can cause heatstroke. 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 do not go away medical advice should be sought. NHS Direct is available on 111.