

ENGAYNE SUN SAFETY POLICY

The sun's rays are particularly strong over the summer and they can damage children's skin, leading to serious medical conditions in later life.

Our aim is to ensure that your children can enjoy being outdoors safely.

Engayne Primary School recognises that changes in the school environment and the introduction of a sun safety policy can help pupils reduce their lifetime sun exposure and potential risk for skin cancer.

The aim of this sun safety policy is to protect children and staff from skin damage caused by the effects of ultraviolet radiation from the sun. This health promotion programme will be more successful when an integrated whole school approach is adopted.

Engayne Primary School aims to adopt sun safe habits such as avoiding excessive sun exposure during peak hours, using shade and wearing cover up clothing.

Engayne Primary School will continue to encourage sun hats in school colours as part of the school uniform.

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 ROLE OF ENGAYNE SCHOOL

This school believes in Sun Safety

To ensure that children and staff are protected from skin damage caused by the harmful ultra-violet rays in sunlight.

As part of the Sun Safety policy, our school will:

- Encourage parents to provide pupils with their own sun cream for use on sunny days Encourage parents to provide a sunscreen of SPF of 30 or greater.
- Parents could be guided towards SPF of 50/ and 5 star protection.
- Purchase of spare sun cream, for children who forget theirs. To be stored in a dispenser in first aid room. Teacher to supervise distribution.
Allow time during school for the application of sunscreen, by the children. Reapplication after swimming lessons.
- Encourage parents to ensure that their children have appropriate cover up clothing such as hats.
- Engayne recommend wide brimmed hat as in Australia-avoid baseball caps if possible.
- **No hat, no outdoor play in the severe heat.**



- Add the use of sunscreen reminders to permission slips for outdoor trips and events
- Ensure sun cream box is taken on trips and school have generic bottles in first aid bag.
- Each year incorporate age appropriate sun safety messages in IIP and PHSE lessons
- Regularly send reminder information on sun safety in school in newsletters home to parents
- Encourage children to use shaded areas.
- Provide more shade structures in the playground. Work towards increasing the provision of adequate shade for everybody.
- Encourage pupils without cover up clothing to stay in the shade
- Build sun safe partnerships with parents staff and the community
- Encourage staff and pupils to be role models for younger pupils educate children throughout the curriculum about the causes of skin cancer and how to protect their skin;
- Timetabling: planning to hold outdoor activities in the early morning/ areas of shade whenever possible, and encourage children to use shady areas during breaks, lunch-hours, sports and trips.
- Allowing sunglasses for those medically advised to wear them
- Encourage staff and parents to act as good role models by practising sun safety (eg.staff to wear sun hats outdoors);
- 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).

ENGAYNE HOT WEATHER PROTOCOLS

At Engayne we suggest in hot weather that:

- Hot weather email to warn parents when hot weather protocol is in place.
- Pupils to wear hats when outside.
- Pupils should wear sun cream.
- Pupils should apply/reapply sun cream after swimming sessions.
- 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.
- Outdoor learning opportunities and PE lessons should be carefully planned to avoid sun exposure, unnecessary exertion and dehydration. In extreme weather, outdoor learning and 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 in the extreme heat.

THE ROLE OF PARENTS

- Parents are asked to support and encourage the schools sun safe policy
- To apply appropriate SPF of 30 or greater sunscreen prior to attending school (unless swimming AM)
- To provide appropriate sunscreen for their child to use themselves before playtimes and

school trips and to give permission for child to apply schools own (hypoallergenic) sun cream if child has forgotten theirs.

- Parents are asked to set good examples by adopting safe sun habits

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