



KEMPSEY PRIMARY SCHOOL SUN PROTECTION POLICY

RATIONALE

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. There is enormous potential for schools to prevent skin cancer in future generations.

Schools are central to protecting children's skin. This is 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
- ✓ Students and teachers are at risk of sunburn within 10-15 minutes of being exposed to strong sunlight
- ✓ Students 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

At Kempsey Primary School we want staff and pupils to enjoy the sun safely. We will work with staff, pupils and parents to achieve this by raising pupil and parent awareness.

IMPLEMENTATION

We will achieve this by implementing these measures-

Curriculum

- ✓ We will talk about how to be SunSmart in assemblies at the start of the summer term.
- ✓ Parents and guardians will be sent a letter explaining what the school is doing about sun protection and how they can help, at the beginning of the summer term
- ✓ Sun safety will be included in the PSHE curriculum.

Protection

- ✓ Shade - children will be encouraged to sit in the shade in the playground and field.
- ✓ Sun shades (natural and man-made) will be available for children to sit under.
- ✓ The availability of shade is considered when planning excursions and all outdoor activities

Clothing

- ✓ Children should bring sun hats to school to wear at playtimes and during outdoor PE lessons in the summer term.
- ✓ Children may bring sunglasses to school to be worn outdoors on bright days
- ✓ Children should wear T-shirts which cover their shoulders for PE lessons or long sleeves for playtime.
- ✓ Sports tops should not include vest tops
- ✓ All teachers, teaching assistants and lunch-time supervisors will be encouraged to wear hats when on playground duty and during sports lessons, when necessary.

Sun Screen

- ✓ Sun screen use will be encouraged on school trips and for outdoor PE lessons.
- ✓ We will send letters home asking for permission for children to apply their own sun screen during the summer months.
- ✓ Children are expected to bring their own sun screen and apply it themselves.



- ✓ Children may only use their own sun screen.
- ✓ Teachers will not apply sun screen to any children.
- ✓ Parents are asked to teach their children how to sensibly use and apply these screens and will clearly label them and put them in their child's bag for their own use.

Role modelling

Staff will be encouraged to act as role models by:

- ✓ Wearing protective hats, clothing and sunglasses when outside
- ✓ Applying SPF 15+ sunscreen when necessary
- ✓ Seek shade whenever possible

Collaboration

The school will aim to work with parents, Governors and the wider community to reinforce awareness about sun safety and promote a healthy school.

This policy has been developed using the Cancer Research UK SunSmart Guidelines for Primary Schools.



APPENDIX 1

Advice for Teachers on Pupil's Application of Sun Screen

Under the terms and conditions of their contracts, teachers are not required to administer medicines or to give first aid to pupils. There is however no legislation that prevents teachers and support staff from administering sunscreens where other controls cannot provide protection, but this would be on a purely voluntary basis. Teachers will use their professional judgement to decide whether or not they volunteer to administer medication or sunscreen.

Where, through risk assessment, it has been decided that all other control measures such as limiting exposure and use of shade, are either inadequate or unavailable and the use of sunscreen to provide protection cannot be avoided, the following advice must be considered:

- ✓ The protective effect of sunscreen products is reduced over time, as the sunscreen is absorbed and / or rubbed off
- ✓ Sunscreen applied before school, generally, provides insufficient protection for a whole day, unless specific long-life creams have been used
- ✓ Most children will be able, with some direction, to apply sunscreens themselves, self-application is recommended. This prevents allegations of abuse and encroachment into learning time
- ✓ Dermatologists recommend that a sunscreen with a sun protection factor (SPF) of 15 or above, and capable of protecting against UVA and UVB spectra, will provide children in this country with adequate protection.

Sunscreens should not be used to prolong the amount of time spent in the sun but as a form of protection when other measures are unavailable or impractical, or when additional protection is required. At school this would include:

- ✓ Outdoor breaks, particularly lunch breaks
- ✓ PE, swimming, or other outdoor lessons
- ✓ Sports days
- ✓ Educational visits

Where the decision has been made to use sunscreen as a control measure, it will be necessary to ensure that they are applied correctly: teachers need to advise pupils to:

- ✓ Use about a dessert spoon of the cream / lotion (sufficient for a child, the equivalent for babies and adults is about a teaspoon and tablespoon respectively).
- ✓ Spread it evenly over the exposed areas of the body (face, neck, arms and legs) with particular attention to those areas that burn easily. Such as the ears and neck.
- ✓ Rub it in well
- ✓ Young children and some children with special needs may require assistance.

Teachers should avoid touching a pupil in a way that might be considered indecent and should be aware of those children for whom touching is unwelcome.

Permission for someone else to apply sunscreen must be gained from parents and carers.

Teachers who do help to apply sunscreens should do so only on the face, neck and arms to minimise the risk of abuse allegations. Support should only be given in an open area.

The risk assessment process must include consideration of potential silliness and the levels of supervision required to ensure that pupils who bring their own sunscreens to school use such products appropriately.