

# **SUN SAFE POLICY**



**TURNERS HILL CE PRIMARY SCHOOL**

**THIS POLICY WAS ADOPTED**

**NOVEMBER 2014**

**REVIEWED: NOVEMBER 2017, FEBRUARY 2021**  
(DELAYED DUE TO COVID)

**THIS POLICY IS DUE FOR REVIEW: FEBRUARY 2024**

## **The school sun policy**

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. The successful 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.

## **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:

- 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 e.g. through newsletters, or posters.

Suggestions to help cope with hot weather:

- Pupils to wear hats when outside.
- Pupils should wear sun cream (must be applied by themselves).
- 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.
- Teachers should encourage pupils to seek shade prior to returning to class.
- 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.

- Pupils with Asthma, breathing difficulties or other relevant health conditions may need to avoid physical activities.
- 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.
- 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