

ST JOHN'S CATHOLIC INFANT SCHOOL

SUN SAFETY POLICY



"Loving, Learning and Laughter Together with God"

Article 3: "The best interests of the child must be top priority in all actions concerning children"

Article 19: "Ensure that children are protected from all kinds of harm"

RATIONALE

St John's Catholic Infant School is committed to sun safety to ensure that children and staff are protected from skin damage caused by the harmful ultra violet rays in sunlight. We believe that by encouraging sun safe behaviour at school and teaching children about the risks of sunlight, we can prevent them from burning and contribute towards preventing skin cancer. SunSmart is the national skin cancer prevention campaign run by Cancer Research UK. The five key SunSmart skin cancer prevention messages are:

Stay in the shade 11am-3.00pm

Make sure you never burn

Always cover up – wear a t-shirt, hat and wraparound sunglasses

Remember children burn more easily

Use factor 15+ sunscreen

As a school we follow their guidance and our policy reflects this.

OUR AIMS

- To provide a whole school consistent approach to sun safety
- To ensure that all staff, governors, children and parents are aware of school procedures with regard to sun safety
- To educate children about the dangers of over exposure to harmful sun rays and to teach them how to protect themselves against sunburn

INCLUSION

We believe it is the right of all children regardless of their gender, ethnicity, physical ability, linguistic, cultural or home background to have access to quality learning experiences in a safe, secure and supportive environment. Whenever possible outdoor school events will be scheduled outside the hours of 11am and 3pm when the sun is at its hottest. We acknowledge that some children with fairer skin will be at greater risk of damage from the sun than those with darker skin. These children may require additional measures such as further applications of sun screen during the school day. Additional shade will be provided in the Foundation Stage area during the summer months to ensure that younger children can access learning experiences in the outside area safely.

Every effort will be made to ensure that children and staff stay safe and keep healthy during the summer months. Children will be educated on the harmful effects of the sun and children will be encouraged to take increasing responsibility for wearing appropriate clothing, drinking plenty of water and staying in the shade during the hottest part of the day. In addition, protective measures will be put into place by the school to reduce the risks of over exposure to the sun.

"We will offer every child – whatever their individual characteristics – the chance to achieve their full potential, feel secure and enjoy growing up."

IMPLEMENTATION

At St John's Catholic Infant School we want the staff and children to enjoy the sun safely. We will work with staff, children and parents to achieve this through:

EDUCATION:

- All children will receive at least one 'Sun Smart' lesson per year
- We will talk about how to be sun smart in assemblies at the start of the Summer Term
- Parents and Carers 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

PROTECTION:

Shade:

- Children will be encouraged to spend time under the playground gazebos and under the trees during lunchtime play during the summer months.
- In the F52 playground, activities make use of the shade available and there is a canopy over part of the play area.
- Additional temporary gazebos will be erected to create additional shade in the Foundation Stage playground during hot weather
- Consideration will be taken to ensuring sun safety in any plans for developing or updating school buildings or grounds and as a maintenance issue

Timetabling/Events

- Wherever possible school events will be scheduled to take place outside the hours of 11:00 to 3:00 when the sun's rays are most harmful.
- Sports day will take place in the morning and if required additional gazebos and canopies will be erected on the field to provide shade for the children and adult spectators
- Outdoor events may be postponed or cancelled if the weather is exceptionally hot
- Similarly children may be kept inside during playtimes and lunchtimes if the weather is exceptionally hot
- Children in the Foundation Stage will be discouraged from spending long periods of time in the Foundation Stage outside area and whenever possible will be encouraged to stay in the shade
- During the Summer Term, parents will be kept informed of warnings from the meteorological office of high burning days via school bulletins and letters
- When planning outdoor events during the summer months risk assessments will be carried out to ensure that adequate control measures are in place to reduce the risk of damage from the sun

Clothing:

- Sun hats are encouraged from the end of the Spring Term
- All children are encouraged to wear a sun hat during playtimes and when in the Foundation Stage playground in the Summer Term when the weather is hot
- Parents will be reminded of the importance of children bringing a sun hat to school during the summer months at the start of every Summer Term

Sunscreen:

- Sun screen should never be used to prolong the amount of time spent in the sun but as a form of protection when other measures are unavailable or when additional protection is required
- Sun screen use will be encouraged during the Summer Term, especially when the children are on school trips to outdoor venues
- We will send letters home asking for permission for children to apply sunscreen by themselves during the summer months.

Water:

- Water is always readily available to children. Children will be actively encouraged to drink water at regular intervals during hot weather to prevent dehydration

FIRST AID

Any child suspected of suffering from sunburn or heat exhaustion will be taken indoors to a cool place and a message will be sent to the office to contact the child's parents.

Sunburn:

Children will be given plenty of fluid and the affected area cooled with cold water

Heat Exhaustion:

This is caused by exertion in and over exposure to high temperatures. Heat exhaustion is accompanied by dizziness, headaches and muscular cramps in the lower limbs. If a child is suspected of suffering from heat exhaustion, his/her parents will be contacted immediately. Meanwhile the child will be laid down in a cool area and offered sips of cold water. If the condition worsens, medical assistance will be sought

Heat Stroke:

Signs include dizziness, nausea and flu-like symptoms. If a child is suspected of suffering from heat stroke his/her parents will be contacted immediately. It is important to reduce the child's temperature by taking them to a cool place, removing outer clothing, and putting them in a sitting position with the head and shoulders supported. Again if symptoms persist and the child's condition deteriorates medical assistance will be sought.

MANAGEMENT ARRANGEMENTS

The head teacher will be responsible for ensuring that all children, parents, staff and governors are aware of school procedures with regard to sun safety. Parents will be reminded of the school's sun safety policy and how they can support the implementation of the procedures on an annual basis and the full policy will be available on the school website. The head teacher will be responsible for ensuring that appropriate risk assessments are carried out for all outdoor events and activities in the summer months and apply appropriate measures to reduce the risks of damage from over exposure to the sun.

This policy will be reviewed every two years and in response to any Government, Local Authority and health guidance.

RELATED POLICY STATEMENTS:

Health and Safety

Drugs Education

Education Visits Policy

ADDITIONAL RESOURCES

SunSmart

www.cancerresearchuk.org/sunsmart/

NHS Leaflets

Child Safety in the S

www.nhs.uk/conditions/pregnancy-and-baby/pages/safety-in-the-sun.aspx#close

Health and Safety Executive Leaflets

www.hse.gov.uk/pubns/indg337.pdf Guide to Sun Protection

www.hse.gov.uk/pubns/indg147.pdf Keeping Your Top on

Meteorological Office

www.metoffice.gov.uk

APPENDICES

APPENDIX 1: Sun Safety Letter to parents

Agreed by Governors on: 17 th April 2012	Reviewed on: 19 th November 2020 (Min No 14/10) 15 th November 2018 (Min No: 20/18) 19 th October 2015
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"We will offer every child – whatever their individual characteristics – the chance to achieve their full potential, feel secure and enjoy growing up."

Dear Parents,

Sun Safety at School

Now that the Summer Term has started I wanted to write to you to tell you about our sun protection policy. School is committed to protecting staff and children from sunburn and from skin damage that can be caused by the harmful ultra violet rays in sunlight. We believe that by encouraging sun safe behaviour at school and teaching children about the risks of sunlight, we can prevent them from burning. We would like your support in helping us to keep your children safe during the summer months.

The sun's rays are particularly strong over the summer and they can damage your children's skin. This may not seem like a problem right now, but sadly it can lead to skin cancer in later life. Your child's health and well-being are very important to us, which is why we have decided to:

- ensure that children learn about sun protection in assemblies and during PSHE lessons
- ensure that children have adequate shade when in the playground and Foundation Stage outside area
- ensure that children wear hats when outside during the summer months
- encourage children to use sunscreen, particularly when on school trips

More details of our sun safety procedures may be found in our Sun Safety policy which is available on the school website and the school office.

Your support is vital if our policy is going to work. You can help by ensuring your child brings his/ her sun hat to school every day during the summer months. Sunscreens provide added protection and it would be helpful if you applied sun screen to your child before they come to school in the morning during hot weather (We recommend the use of a long term (6hr) sunscreen to prevent having to reapply). Children with sensitive skin may also bring sunscreen to school to apply by themselves during the school day. Staff are not permitted to apply sunscreen to children. Dermatologists recommend that a sunscreen with a sun protection factor of 15 and above (UVA 5* rating) will provide children in this country with adequate protection. The procedures for the use of sunscreens at school are attached to this letter. Please complete the attached form so that the school has a record of your support for the sun safety policy and your agreement with regard to sunscreen application by your child. Please note that the school does not permit the use of aerosol sunscreen sprays.

Together I hope that we can have a very happy and safe term to come!

Yours sincerely,



Mrs M. S. Bulmer
Head teacher