



## NIGHTINGALE PRIMARY SCHOOL

### SUN PROTECTION POLICY

#### **Rationale**

The sun's rays are particularly strong over the summer and they can damage children's skin which can lead to skin cancer in later life. We get around 80% of our sun exposure by the age of twenty one therefore the health and well-being of the children is important to us during their infant years.

#### **Purpose**

At Nightingale Primary School we want children and staff to enjoy the sun safely and to be protected from skin damage caused by the effects of ultraviolet radiation from the sun. We will work with children, staff and parents to achieve this.

#### **Guidelines**

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

- Educate children throughout the curriculum about the effects of over exposure to the sun and how to protect their skin.
- Encourage children to wear clothes that provide good sun protection, and use sunscreens where appropriate.
- Try to schedule outdoor activities at times other than the middle of the day when the sun's rays are most harmful.
- Hold outdoor activities in areas of shade, where possible, and encourage children to use shady areas during breaks, lunch-hours sports and visits. Sunbathing is definitely discouraged.
- Provide adequate shade for everyone.
- Encourage staff and parents to act as good role models by practising sun safety.
- Regularly remind children, staff and parents about sun safety through newsletters, posters, parents meetings and activities for pupils.

### **Education**

- Sun safety lessons form part of the PHSE curriculum and will be supported by resources from the Outdoor Kids Sun Safety Code.
- We will talk about sun safety in assemblies during the Summer Term.

### **Protection**

- Children will be encouraged to sit, work or play in the shade of the trees, building or provided shelter.
- We will regularly review the provision of shade around the school grounds.
- During very hot days children will not undertake outdoor activities for more than 30 minutes.

### **Clothing**

- Children should bring a sun hat to school to wear at playtimes, lunchtimes, when undertaking activities in the outdoor environment during lesson times and during outdoor PE lessons.
- Children should take and wear school sun hats during school visits.
- Children should wear T-shirts which cover their shoulders during PE lessons.

### **Sun Screen**

- A high factor sunscreen should be applied before children come to school in the morning.
- Children will be supervised by staff if application of sunscreen is required during the school day or whilst on a visit. Sometimes it may be necessary for teachers or support staff to help children apply sunscreen. School suncream is kept in red emergency bags.
- It will be the responsibility of parents to inform the school if their child is allergic to sunscreen.
- The school will inform parents if a child has any adverse reaction that may be due to sunscreen, and will take medical advice if necessary.

### **Conclusion**

The implementation of this Sun Protection Policy will help ensure that all children and staff are able to work and play safely during the hot summer months as well as reduce the damage the sun can cause to the skin later in life.

**Date of Policy Approval:** Spring 2022

**Date of Next Review:** Spring 2025