



STANWICK PRIMARY ACADEMY

Document Name: Sun Safety Advice

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Sun Safe Advice

Aims

- To present information to parents and children about enjoying the sun safely.
- To encourage children to take responsibility for their own safety based on a clear knowledge and understanding of the dangers.
- To incorporate the knowledge of sun care into other curriculum areas and discussion opportunities.
- To make children aware of areas within our school environment which provide shade.
- To make children aware of the dangers of the sun and how to protect themselves against these when in other settings eg: Educational visits and residential visits.

Introduction

Sunshine makes the world a pleasant place to live and we all want to be outside enjoying sunny weather. We also must recognise that dangers from the sun can happen in cloudy days too. The U.V.rays from the sun can be harmful, particularly to young children's skin and eyes. The heat from the sun can also cause dehydration and sun stroke.

Guidance

Always be prepared for the likelihood of the sun's ray causing harm, to prevent this:

- Wear suitable clothes, covering up most of the skin, particularly the shoulders and neck.
- If possible, wear hats which cover the head and neck during playtime and in PE lessons.
- Parents are encouraged to apply high protection sun cream, preferably no lower than SPF 25 before school. This will last all day as long as the child doesn't wash it off. (sun cream must not be administered by staff but can be reapplied by a pupil where needed). In the event of the children being on a residential visit, parents are encouraged to teach their children to apply the cream.
- Teachers should encourage pupils to drink water and ensure there are regular breaks for them to do so.
- Where possible, all windows should be opened to provide a through breeze & classroom 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.
- Pupils with Asthma, breathing difficulties or other relevant health conditions should avoid physical activities if their difficulty starts to become worse.
- Staff must also ensure they drink water regularly and take precautions against the high temperatures.
- Staff must be mindful of long-term exposure when taking children offsite as this should be considered as part of the risk assessment prior to the visit taking place.
- Parents/carers and children must be encouraged to follow these procedures at home.

As part of the Sun Safety advice, 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.
- Encourage staff and parents to act as good role models by practicing sun safety.
- Regularly remind children, staff and parents about sun safety through newsletters, posters and activities for pupils.
- Invite relevant professional (school nurses and health promotion officers to advise the school on sun safety).
- Make sure the Sun Safety advice 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.).