



Barnett Wood Infant School

Sun Safety Policy

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Policy Impact Statement and Updates

Policy:	Sun Safety Policy
Date of review:	July 2024
Governor/s responsible:	Approval delegated to Headteacher
Status / date of next review:	Every 2 years - July 2026
How well has the policy achieved its purpose and outcomes?	
<p>The policy ensures that the school environment supports sun safety through appropriate policies and practises. It educates pupils, staff, and parents about the dangers of excessive sun exposure and the importance of sun safety.</p> <p>Our Sun Safety Policy not only protects pupils from immediate health risks but also instils lifelong sun safety habits. By implementing such a policy, we can demonstrate our commitment to the health and well-being of our pupils.</p>	
Updates and/ or changes to policy:	
July 2024	No changes to the policy

We have carefully considered and analysed the impact of this policy on equality and the possible implications for pupils and or staff with protected characteristics, as part of our commitment to meet the Public Sector Equality Duty (PSED) requirement to have due regard to the need to eliminate discrimination, advance equality of opportunity and foster good relations.

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Introduction

At Barnett Wood Infant School, we hope staff and pupils will enjoy the sun safely whilst respecting the need to protect against its potentially harmful effects. As part of the Sun Safety Policy our school will work with staff, pupils and parents to achieve this through education, offering protection and timetabling adjustments. This policy was developed following guidance from [Looking after children and those in early years settings during heatwaves: for teachers and professionals - GOV.UK \(\[www.gov.uk\]\(https://www.gov.uk\)\)](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/421222/looking_after_children_and_those_in_early_years_settings_during_heatwaves_for_teachers_and_professionals.pdf)

Aim

The aim of this sun safety policy is to educate children and staff at Barnett Wood about the skin damage caused by the harmful effects of ultraviolet radiation from the sun.

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.

Barnett Wood Infant 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 loose-fitting clothes that provide good sun protection;
- encourage children to keep out of the sun between 11.00am and 3.00pm;
- hold outdoor activities in areas of shade whenever possible, e.g. towards the outer perimeter of the field where trees offer natural shade and encourage children to use these shady areas during breaks and games lessons;
- encourage staff to find shady areas for children when out of school on visits and trips;
- work towards increasing the provision of adequate shade for everybody;
- encourage staff and parents to act as good role models by practicing sun safety and ensuring they supply a proper sun hat/cap;

- regularly remind children, staff and parents about sun safety through newsletters, posters, parents' meetings, 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 Policy is working in practice by regularly monitor our curriculum, access to shade, and review the sun safety behaviour of our children and staff through the use of hats, sun cream, seeking out shade etc.

Protecting children outdoors:

During periods of high temperature, we will take the following steps:

- children should not take part in vigorous physical activity on very hot days, such as when temperatures are in excess of 30°C
- physical education lessons should be carefully planned to avoid undue or lengthy sun exposure, unnecessary exertion and dehydration. In extreme weather, outdoor PE lessons should not last for more than 20-30 minutes when children should be brought indoors, given time to rest and drink water.
- encourage children playing outdoors to stay in the shade as much as possible
- children should wear loose, light-coloured clothing to help keep cool and sunhats with wide brims to avoid sunburn
- use sunscreen (at least factor 30 with UVA protection) to protect skin if children are playing or taking lessons outdoors for more than 20 minutes
- provide children with plenty of water (such as water from a cold tap) and encourage them to drink more than usual when conditions are hot
- Sports' Day or other activities that include prolonged periods of time outdoors will be determined by preceding days' climate. Children spectating should not do so for more than 20 minutes at a time if unable to access sufficient shade.
- Pupils with asthma, breathing difficulties or other relevant health conditions should avoid excessive physical exertion. Staff must be aware of children who have a low tolerance to hot/humid conditions.
- Staff must also ensure they drink water regularly and take precautions against the effects of high temperatures and over- exposure to the sun.

Use of Sunscreen

- It is parent's/carers responsibility to ensure their child has sun cream applied before school
- We encourage parents to apply 8 hour sunscreen before school especially during summer months
- Children can bring their own, named sun cream to re-apply again at lunchtime (or after

swimming) but must not share their cream with other children (due to allergies).

- Staff are unable to apply sun screen directly to children due to the risk of children who may be allergic to certain brands and this being transferred, or the risk of the potential for allegations of abuse being made against teachers and other staff who have agreed to apply sunscreen.
- Staff will supervise and support children with application of sun screen, for example spraying/squeezing sun cream into the child's hands and directing the child where to apply it.
- Reception children will be encouraged to apply their own but assisted if necessary by a member of staff.
- Children with additional needs will be given support as required after discussions with parents.
- If it is considered necessary for teachers/staff to assist with the application of sunscreen, the sunscreen will only be applied to face, neck, arms, hands and lower legs.
- We cannot currently supply sunscreen to all pupils on a daily basis because of cost.
- Sunscreen use will be encouraged on school trips and staff will be provided with extra sunscreen in case children forget their own. (Parents should inform school if their child is allergic to any brand of sunscreen)
- If a child has not had sun cream applied school staff may make the decision to ask them to apply the schools own sun cream if they will be outside in direct sunshine. (Parents should inform school if their child is allergic to any brand of sunscreen)

Protecting children indoors:

During periods of high temperature, we will take the following steps:

- open windows as early as possible in the morning before children arrive, or preferably overnight to allow stored heat to escape from the building
- almost close windows when the outdoor air becomes warmer than the air indoors – this should help keep the heat out while allowing adequate ventilation
- teachers should make a judgment as to the temperature of classrooms and make internal arrangements to teach in cooler areas where possible
- use outdoor sun awnings if available, or close indoor blinds or curtains, but do not let them block window ventilation
- keep the use of electric lighting to a minimum
- switch off all electrical equipment, including computers, monitors and printers when not in use – equipment should not be left in 'standby mode' as this generates heat
- if possible, use those classrooms or other spaces which are less likely to overheat, and adjust the layout of teaching spaces to avoid direct sunlight on children
- oscillating mechanical fans can be used to increase air movement if temperatures are below 35°C – at temperatures above 35°C fans may not prevent heat-related illness and may worsen

dehydration

- if necessary, consider rearranging school start, finish, and play times to avoid teaching during very hot conditions
- encourage children to eat normally and drink plenty of cool water
- office staff to keep medicines below 25° or in the refrigerator where storage instructions indicate this is a necessity.

Health risks from heat

Children cannot control their body temperature as efficiently as adults during hot weather because they do not sweat as much and so can be at risk of ill-health from heat. Heat-related illness can range from mild heat stress to potentially life-threatening heatstroke. The main risk from heat is dehydration (not having enough water in the body). If sensible precautions are taken children are unlikely to be adversely affected by hot conditions, however, teachers, assistants, school nurses and all child carers should look out for signs of heat stress, heat exhaustion and heatstroke.

Heat stress

Children suffering from heat stress may seem out of character or show signs of discomfort and irritability (including those listed below for heat exhaustion). These signs will worsen with physical activity and if left untreated can lead to heat exhaustion or heatstroke.

Heat exhaustion

Symptoms of heat exhaustion vary but include one or more of the following:

- tiredness
- dizziness
- headache
- nausea
- vomiting
- hot, red and dry skin
- confusion

Heatstroke

When the body is exposed to very high temperatures, the mechanism that controls body temperature may stop working. Heatstroke can develop if heat stress or heat exhaustion is left untreated, but it can also occur suddenly and without warning.

Symptoms of heatstroke may include:

- high body temperature – a temperature of or above 40°C (104°F) is a major sign of heatstroke
- red, hot skin and sweating that then suddenly stops
- fast heartbeat
- fast shallow breathing
- confusion/lack of co-ordination

- fits
- loss of consciousness

Actions to protect children suffering from heat illness

The following steps to reduce body temperature should be taken immediately:

- Move the child to as cool a room as possible and encourage them to drink cool water (such as water from a cold tap).
- Cool the child as rapidly as possible, using whatever methods you can. For example, sponge or spray the child with cool (25 to 30°C) water – if available, place cold packs around the neck and armpits, or wrap the child in a cool, wet sheet and assist cooling with a fan.
- Dial 999 to request an ambulance if the person doesn't respond to the above treatment within 30 minutes.
- ***If a child loses consciousness, or has a fit, place the child in the recovery position, call 999 immediately and follow the steps above until medical assistance arrives.***

Education

Under the new PHSE (Health and Prevention) Curriculum which came into force September 2020, all English primary schools must now educate pupils about safe and unsafe exposure to the sun and how to reduce the risk of sun damage, including skin cancer. Sun safety is taught to all pupils as part of our Jigsaw PSHE curriculum and through whole school assemblies.

Further information:

Check the weather forecast and any high temperature warnings at: www.metoffice.gov.uk

For further information about how to protect your health during a heat wave visit NHS Choices at: www.nhs.uk/summerhealth

Other useful websites:

[Sun, UV and cancer | Cancer Research UK](#)

[Sun Safe Schools](#)

This policy will be monitored by the Headteacher and reviewed every 2 years.