

## Sun Safe Policy

### Introduction

Too much exposure to ultraviolet light (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of skin cancer. There is enormous potential for all schools to help prevent skin cancer in future generations. Schools are central to protecting children's skin this is because:

- Children are at Mordiford CE Primary School five out of seven days a week at times when UV rays are high.
- Most damage due to sun exposure occurs during the school years.
- Schools can play a significant role in changing behaviour through role modelling and education.
- Students and teachers are at risk of sunburn within 10-15 minutes of being exposed to strong sunlight.
- Students spend an average of 1.5 hours outside per school day, more if involved in sports and outdoor activities.
- Skin cancer is largely preventable through behaviour modification and sun protection during early years.

### The Main Elements of the Mordiford CE Primary School Sun Safe Policy are:

- **Partnership:** working with parents/carers, Governors, and the wider community to reinforce awareness about sun safety and promote a healthy school;
- **Education:** learning about sun safety to increase knowledge and influence behaviour;
- **Protection:** providing an environment that enables pupils and staff to stay safe in the sun.

### Partnership

1. Sun safety will be promoted through working with parents, governors and the wider community to improve our understanding and provision to avoid the harmful effects of too much exposure to UV light.
2. Staff should act as positive role models and set a good example by seeking out the shade whenever possible and wearing suitable clothing, hat and sunscreen.
3. Relevant professional (school nurses and health promotion officers) will be invited into the school periodically to advise the school on 'sun safety'.

### Education

1. Annually a special assembly will be dedicated to 'Sun Safety'. This will emphasise the 5 S's of Sun Safety including: SLIP SLOP SLAP - to SLIP ON A T-SHIRT, SLOP ON THE SUNCREEN, SLAP ON A HAT.
2. At appropriate times during the year children will be reminded through our assemblies about 'How to be Sun Safe'.
3. The curriculum for all year groups will include aspects of 'Sun Safety' annually.
4. Parents and Guardians will be asked through letters/newsletters to support this policy by encouraging their children to adopt the Slip, Slop, Slap message and act as role models.
5. Children will be encouraged to use the shaded areas of the school during playtimes.
6. The School will look to organise outdoor events i.e. Sports Day with reducing exposure to UV in mind, at times to minimise exposure to higher levels of UV light.

## Protection

### Shade:

1. The school playground has shade provided either by the school building, and trees. We have temporary structures e.g. gazebos, etc. for use on sports days and other outdoor events.
2. Children will be encouraged to use the shaded areas of the school during playtimes when appropriate.

### Clothing:

1. The children will be encouraged to wear legionnaire or bucket style hats to protect their face, ears and back of their neck.
2. The hats will be named and must remain in school at all times (between March and end of September) and be easily accessible.

## Sunscreen:

Each pupil should bring in sunscreen (minimum SPF 30, 4 star UVA) to apply themselves when appropriate and used on or off site for any prolonged outdoor school related activities. Again this should be in a clearly labelled original container to be left in school between March and the end of September. Alternatively, there is 'all day' sunscreen lotions (minimum SPF 30, 4 star UVA) which Parents could apply before their child attends school.

## Drinking Water:

Children are encouraged to increase their water intake in hot weather and are encouraged to drink water during break times and lunch times. Each classroom has a set of individual water bottles for every pupil, these are filled daily and regularly washed in the school dishwasher.

There is a set of universal water bottles taken out during morning and lunchtime playtimes. Every child should be encouraged to bring a water bottle to school every day. There is a water cooler available in the school hall for children to refill their bottles.