

OAKLANDS PRIMARY SCHOOL

SUN PROTECTION POLICY

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 schools to help prevent skin cancer in future generations. Schools are central to protecting children's skin this is because:

- Children are at 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 behaviours 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.

Adopt sun protection strategies

Encourage students and staff to wear protective clothing during summer term

- **School Clothing** our school uniform includes additional summer wear of lightweight cotton dresses and dark grey shorts.
- **Hats** children are advised to wear wide brimmed hats (6-10cm) that protect their face, neck and ears, when they are outside.
- **Sunscreen** Covering up and seeking shade are the most important sun protection measures. In addition, sunscreen can provide protection to exposed skin. Pupils should be encouraged to apply an all-day sunscreen before school starts – SPF 30 or above, however if children are able to self-apply they may bring lotion in to top up themselves.
- **Sunglasses** Children may wear sunglasses while outside. However to fully protect children's eyes we recommend that sunglasses :
Carry the EU Standard 'CE' mark and British Standard BSEN as these protect 99 to 100 % of both UVA and UVB rays.
Wrap around glasses are preferred as less likely to fall off and break
The tint of sunglasses do not indicate their protection level, in fact darker lenses can encourage the pupils to expand thereby letting in more light.
Sunglasses should not be in place of sunhats, both are advised.
- Staff that are first aid trained are aware of how to help someone if they are showing signs of sunstroke or heat exhaustion.

Shade

- There are canopies in each external learning area which protects children from sun and rain. In the playground and school field there are several shelters and trees providing shade, particularly in areas where children congregate.
- The availability of shade is considered when planning excursions and all outdoor activities.
- Children are encouraged to make use of available shaded areas when outside.
- Support recommendations to seek shade during breaks and dinner hour.
- Provide permanent or temporary shady structures within school grounds.

Action points:

- Schedule outdoor activities before 11am or after 3pm or significantly reduce or stop physical activity (including playtime sports) during this time.
- Encourage parents to support the school by acting as role models and providing protection for their children.
- Be positive in your approach. Allow sun protection strategies to be fun, involve everyone, and provide choices.
- Conduct small surveys in school, e.g. attitudes and behaviours towards sunshine, level of knowledge of sun protection strategies, number of teachers/students sunbathing /using shaded areas during lunchtime.
- Incorporate into curriculum.

Date: **05 May 2019**

Date of Review: **Summer 2022**

Signed: _____ **(Headteacher)**