

St. John Bosco Catholic Primary School



Sun Safety Policy

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Sun Safety Policy

1. Rationale

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 16 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 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 outdoor activities and sports.

2. Implementation

Skin cancer is largely preventable through behaviour modification and sun protection during early years. At St. John Bosco school the following measures will be adopted where appropriate for all staff and pupils these will include:

- Educate children through assemblies and lessons to increase knowledge and influence behaviour and ensure sun safety is part of the National Curriculum.
- Advising parents of the need for pupils to wear appropriate clothing that gives protection from the sun during the summer months. This will include an appropriate hat that offers protection to the neck as well as the face, long sleeved tops and trousers. Staff should also be made aware of the need for appropriate clothing if outside during these times.
- Work with parents to re-enforce an awareness of sun safety to promote a healthy school environment.
- Ensure parents are informed annually of the importance of sun protection by letter, informing them of school policy and procedures.
- Encouraging parents to apply waterproof sunscreen which gives complete protection (or the highest factor available) to all exposed areas of the skin prior to sending pupils to school. Encourage parents to provide a supply for use in school which the children can rub in by themselves, spray on is most appropriate. Sun cream must be clearly labelled with the child's name.
- Encourage staff to use an appropriate sunscreen where necessary.
- Reminders will be sent by text for hats and sunscreen to be sent with the children.
- Children will also be encouraged to bring their water bottles into school during warm weather.
- Consider keeping a supply of high factor (ideally a minimum of factor 30 spray on), which could be applied to pupils, providing parental consent has been obtained in case pupils are allergic to sunscreen. Visit www.sunsmart.org.uk/advice-andprevention/sunscreens for correct use of sun creams in school.
- Pupils and staff to utilise the shaded areas in school during break times.
- Outdoor activities are planned outside the hours of 11am-3pm where this is possible to minimise risk of being in the mid-day sun. If this is not possible school should ensure parents are informed of the requirements to provide sun hats, the necessary clothing to cover the skin and the application of sun cream to minimise the risk of sun burn.
- Giving consideration to postponing events (sports day etc) during periods of excessive sun and high temperatures.
- For school trips which last a full day pupils should be encouraged to bring and apply their own sunscreen. Pupils to keep their shirts on unless it is not practical. It is difficult for a pupil to apply sunscreen to their own back and the back is the area most susceptible to sunburn and melanoma.
- Parents should be encouraged to inform school if their child is prone to burning and if there is a family history of skin cancer especially melanomas.
- Consider allowing pupils to remain indoors if there is no shade during breaks, assuming there is adequate supervision available.

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- During summer months ensure staff rotas are such that the same members of staff are not on duty outside in exposed areas during high risk parts of the day.

3. Shade

- The availability of shade is considered when planning any visits or outdoor activities.
- Endeavour to provide permanent or temporary shady structures within school grounds.

4. Dehydration

- Pupils and staff will have regular access to drinks, especially drinking water. Not only does this prevent dehydration evidence suggests it also improves concentration.

5. Role Modelling

- Encourage staff to act as role models by applying sunscreen, wearing appropriate clothing, hats and sunglasses.
- Schedule outdoor activities before 11am and after 3pm wherever possible.
- Encourage children to drink plenty of water throughout the day and stay hydrated.
- Include work on sun protection in the curriculum.
- Develop resources on skin cancer.
- Be positive in our approach.

6. Collaboration

The school will aim to work with parents, governors and the wider community to reinforce awareness about sun safety and promote a healthy school.

This policy has been developed using the Cancer Research UK SunSmart Guidelines for primary schools.

7. Reviewing and Evaluating This Policy

- Share this policy with parents/carers.
- Review current health education guidelines annually.
- Incorporate into the curriculum.

The governors and staff will monitor and review the policy every two years.

Signed: _____

Designation: _____

Date: _____

Review Date: March 2026