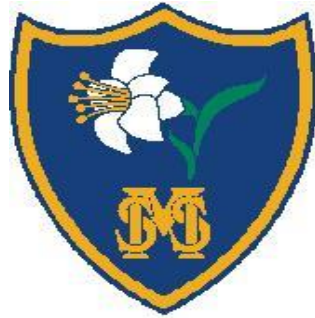


# **Haddenham St Mary's CE School**



## **SUN SAFETY POLICY**

## **Introduction**

At Haddenham St Mary's CE 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/carers to achieve this through education, offering protection and timetabling adjustments.

## **Aim**

The aim of this sun safety policy is to educate children, parents/carers and staff at Haddenham St Mary's CE School 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 and the wider community to reinforce awareness about sun safety and promote a healthy school.

## **As part of the Sun Safety Policy, our school will:**

- educate children throughout the curriculum how to protect their skin from excessive sunlight.
- encourage children to wear suitable clothing in sunny weather that provides good sun protection.
- encourage parents/carers to check that their children are suitably dressed/protected in sunny weather.
- ensure children follow school rules regarding wearing of sunhats for outdoor play and learning in sunny weather.
- encourage parents to apply all-day sunscreen to their children before coming to school in the morning.
- 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, lunch times, and sports activities.
- 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 on the school site.
- encourage staff and parents/carers to act as good role models by practicing sun safety themselves.
- regularly remind children, staff and parents/carers 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 from time to time as appropriate.
- ensure the Sun Safety Policy is working in practice by regularly monitoring the curriculum, assessing access to shade, and reviewing the sun safety behaviour of children and staff through the use of hats, sun cream, seeking out shade etc.

## Suggestions to help cope with hot weather

- Pupils to wear appropriate caps and hats (e.g. with extra neck coverage) when outside. Light, long-sleeved shirts are permitted.
- Parents encouraged to apply factor 30+ all-day sun cream to their children before school.
- Teachers should make a judgment as to the temperature of classrooms and make internal arrangements to teach in cooler areas where possible.
- Teachers should encourage pupils to drink water and ensure there are regular breaks for them to do so as well as being able to refill their bottles if needed. We recommend a named bottle with a sports cap, filled daily with still water.
- Where possible, all doors and windows should be opened to provide a through breeze & classroom blinds should be drawn.
- Turn off non-essential electrical equipment - they generate heat.
- 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.
- Sports' Day will be determined by preceding days' climate. Again children spectating should not do so for more than 20-30 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.
- Education will be provided to encourage parents/carers and pupils to follow these procedures at home.
- Staff must also ensure they drink water regularly and take precautions against the effects of high temperatures and over-exposure to the sun.
- Office staff to keep medicines below 25° or in the refrigerator where storage instructions indicate this is a necessity.

## Heatstroke

In rare cases, extreme heat or sun can cause heatstroke.

Heatstroke symptoms to look out for include:

Cramp in arms, legs or stomach; feeling of mild confusion or weakness. If anyone has these symptoms, they should rest for several hours, keep cool and drink water. If symptoms get worse or do not go away medical advice should be sought. NHS Direct is available on 111.

**If you suspect a member of staff or pupil has become seriously ill, call an ambulance. Inform the school office a senior member of staff. If possible enlist the help of a member of staff who is a qualified first aider. Whilst waiting for an ambulance:**

- If possible, move the person somewhere cooler.
- Increase ventilation by opening windows or using a fan.
- Cool them down as quickly as possible by loosening their clothes, sprinkling them with cold water or wrapping them in a damp sheet.

- If they are conscious, give them water to drink.
- Do not give aspirin or paracetamol.

**Further information:**

Check the weather forecast and any high temperature warnings at:

<https://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](http://www.nhs.uk/summerhealth)

Cancer Research UK SunSmart policy

<http://www.sunsmart.org.uk/schools/schools-and-sun-protection>