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SUN AWARENESS AND PROTECTION POLICY: 2021

Sunlight is essential for human health and wellbeing. The health benefits of sunlight include generating the production of vitamin D, supporting bone health, lowering blood pressure, preventing disease, and promoting good mental health.

Vitamin D is essential for healthy bones. In the UK we get most of our Vitamin D from sunlight exposure from around late March/early April to the end of September. We need Vitamin D to help the body absorb calcium and phosphate from our diet. These minerals are important for healthy bones, teeth and muscles.

A lack of Vitamin D, known as Vitamin D deficiency, can cause bones to become soft and weak, which can lead to bone deformities. In children, for example a lack of Vitamin D can lead to rickets. Rickets is a condition that affects bone development in children. It causes bone pain, poor growth and soft, weak bones that can lead to bone deformities.

In adults it can lead to osteomalacia, which causes bone pain and tenderness.

However, despite the need for some exposure to sunlight precautions need to be taken.

Rationale

The number of cases of malignant melanoma, the most serious form of skin cancer is rising at an alarming rate. The good news is that the majority of these cases could be prevented. Most skin cancers are caused by too much ultraviolet (UV) radiation from the sun. If we protect ourselves from overexposure to the sun then we can reduce our risk. This is particularly important for children and young people whose skin is more delicate and easily damaged.

Schools have a responsibility to ensure that pupils are protected from overexposure to UV rays from the sun, and the National Institute for Clinical Excellence (NICE) guidelines for skin cancer prevention (2011) recommend that schools “develop, implement and monitor a specially tailored policy to ensure people are protected as much as possible”.

This is particularly important when engaging in school-based activities such as sports days, outdoor PE lessons, outdoor excursions and water sports, where the potential for sunburn is higher. Although fair-skinned people have a higher risk of sun damage, sun protection is relevant to everyone.

These Management Arrangements are an important step towards encouraging good health in line with national healthy schools' programmes and have been produced using guidance provided by the Cancer Research UK (SunSmart Campaign) with feedback from educators and health professionals working nationally and in the community.

West Kirby Primary School; therefore, see the development and promotion of sun awareness amongst its pupils and staff as a matter of prime importance.

Hazards and Risks

Identifying the risks associated with being outdoors between April to September is our first step in the process. Consideration will be made on the type of and duration of the task.

Some common hazards may include...

- Hot temperatures
- Increased UV 6+ (see Met office or most weather reports)
- If the activity is physically demanding
- High humidity
- Periods of 30 minutes or more outside
- If there is a heat wave in progress
- If Staff and pupils are unacclimatised to hot temperatures

Risk Assessments should identify outdoor activities for prolonged periods where there may be at risk from working in hot temperatures.

Principles

The basic principles underlying this policy are to encourage pupils, parents and staff as follows:

- Take care not to burn
- Spend time in the shade in the middle of the day
- Cover up and wear a hat
- Use a high factor sunscreen
- Be aware that sun can harm
- Stay hydrated

Aims

The key aims are

- **Protection:** provide a physical environment in which pupils and staff are protected from over exposure to the sun.
- **Education:** promote awareness amongst pupils, parents and staff of the effects of the sun and of appropriate preventative strategies (Appendix 1 and 2)
- **Collaboration:** working with parents, governors and the wider community to reinforce awareness of sun safety and promote a healthy school

Implementation

The guidance in this policy will be reinforced every year, both before and during periods of hot weather with staff, parents and children through emails/newsletters reminders.

Curriculum

Sun awareness and sun safety is addressed through our curriculum

- Information & reminders to staff and children in assemblies
- during lessons in RHE (Relationship & Health Education)
- PE lessons
- Sun awareness through a range of curriculum areas

SunSmart is the national skin cancer prevention campaign run by Cancer Research UK. The SunSmart schools initiative encourages schools to develop and adopt sun protection policies. They are part of a broader campaign communicating effective skin cancer prevention messages to the general public.

The five key SunSmart skin cancer prevention messages are:

Stay in the shade 11-3

Make sure you never burn

Always cover up - wear a t-shirt, hat and wraparound sunglasses

Remember children burn more easily

Then use factor SPF 15 sunscreen

Clothing

Pupils are encouraged to wear appropriate school uniform & a sun hat. The wearing of hats with a peak and/or a neck covering is to be encouraged. Parents and Carers will be reminded through emails and newsletters when necessary.

Sunscreen

Parents will be advised that the school is happy to facilitate the use of sunscreen by storing personally labelled bottles. The children will be required to apply the sunscreens themselves. Sunscreens must be labelled with the child's name. Staff will encourage children to apply sunscreen if it is provided.

Break Times & Outdoor Activities/Lessons

Break times / Lunch times.

Whilst recognising that pupils need to take regular exercise, during periods of hot weather, pupils are to be encouraged to avoid over exposure to the sun during break times and not to run around for long periods of time in direct sun. Pupils and staff should be encouraged to:

- make use of the areas of shade within the playground.
- wear hats and use a sunscreen.
- utilise the free access to drinking water and refill water bottles as and when needed

P.E. Lessons / Outdoor Learning

The timing, length and nature of outside P.E. activities are given careful consideration during hot weather so those pupils are not exposed to harmful amounts of sun. Sports days aim to avoid the hottest part of the day and drinks are provided for pupils.

Educational Visits (including outdoor activities)

Pupils are encouraged to wear appropriate clothing e.g. collared shirts, hats, and to bring their own sunscreen. If a pupil fails to bring sunscreen, the teacher will use a sunscreen to protect that pupil unless a parent does not grant permission. Pupils are encouraged to regularly drink plenty of water.

Careful consideration will be given to the timing, length, location and nature of activities during hot weather in order to prevent over- exposure to the sun. (see also Wirral policy documents Education Visits and Safety in Outdoor Education (H004/94)

Staff

All staff will be made aware of this policy and the need for it and of the necessary safety precautions. They will reinforce sun safety messages through the curriculum, adults will act as role models and encourage pupils to use sunscreen, to wear suitable clothing (including a hat) and to drink plenty during hot weather.

Staff at lunchtime will encourage pupils to seek shady areas at lunchtime and will be vigilant for pupils who are in danger of spending too long in the sun. They will encourage pupils to regularly drink extra water on hot days.

Parents

This policy will be available on our school website and will be available to be shared with parents during period of warmer weather. Emails and Newsletters will include key messages to Sun Awareness when necessary.

Further Information

<https://www.bbc.co.uk/cbeebies/watch/sun-safety-for-kids>

<https://kidshealth.org/en/parents/sun-safety.html>

<https://www.skcin.org/ourWork/georgeTheSunSafeSuperstar.htm>

<https://www.britishskinfoundation.org.uk/sun-safety-advice-for-parents>

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SUN SAFETY

We know children love spending time outdoors, whether in the garden, park or beach, however, their skin is more delicate than an adult's and can easily be damaged by the sun, even when it doesn't seem strong.



Use a sunscreen with a minimum SPF 50 and at least 4 stars for UVA protection.



Wear sunglasses, ideally with wrap around lenses or wide arms, which carry CE and British Standard marks.



Reapply every two hours or immediately after swimming or sweating.



No sunscreen offers 100% protection so cover up with loose close weave clothing (such as cotton) and a wide brimmed hat to protect the neck, ears and face.



Generously apply sunscreen (5 teaspoons to cover the whole body) 15 to 20 minutes before going out.



Seek shade between 11am – 3pm when the sun is at its strongest. Always keep babies and toddlers in the shade if you can.




By following these simple tips your child will be able to stay safe and enjoy the sun. Remember parents, set your child a good example by also following this advice, and the whole family can have a happy sun safe summer.


For more information about the British Skin Foundation see www.britishskinfoundation.org.uk


   **@BSFcharity**


SUN SAFETY SUNSCREEN


**Sunscreen does not give the Sun Protection Factor (SPF)
it states on the bottle if it is not applied correctly.
Follow our tips to stay sun safe!**

 Firstly, check the expiry date of your sunscreen, as out of date sunscreen will not be as effective and you risk burning.


 Use five teaspoons of sunscreen to cover your whole body.


 One teaspoon is enough for just your face, neck and shoulders.

 Apply sunscreen 15 to 20 minutes before going outside.

 Reapply every two hours, or after swimming, even if your sunscreen is 'water resistant' or exercise.




 Rub sunscreen in gently and make sure you cover all exposed body parts such as face, ears, backs of hands and feet.

 Don't forget to protect your lips - using a SPF30+ lip balm

 UV rays penetrate clouds and reflect off sand, water, snow, and even concrete. Sunscreen still needs to be applied when it is cloudy!



**For more information about the British Skin Foundation see
www.britishskinfoundation.org.uk**

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