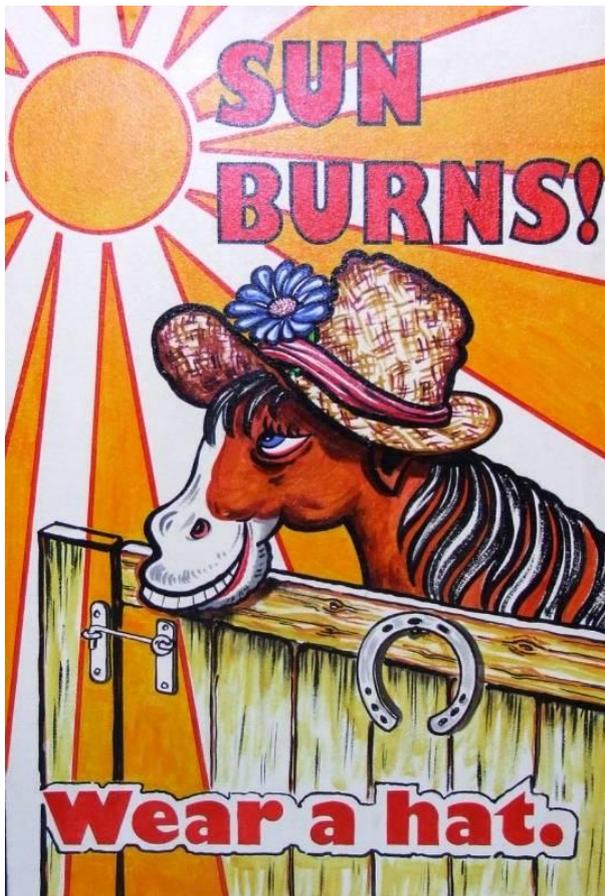
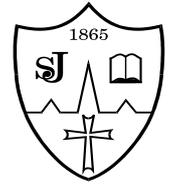


St. James' C of E Primary School Sun Safety Policy

St James' C of E Primary School
Sun Safety Policy
Written by: Lisa Harford
Written: April 2015
Reviewed: April 2016



Aims

The aim of this sun safety policy is to protect children and staff from skin damage caused by the effects of ultraviolet radiation from the sun. The successful of this health promotion programme will be more successful when an integrated whole school approach is adopted.

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, our school nurse and the wider community to reinforce awareness about sun safety and promote a healthy school.

To ensure that children and staff are protected from skin damage caused by the harmful ultraviolet rays in sunlight. As part of the Sun Safety policy, our school will:

- educate children throughout the curriculum about the causes of skin cancer and how to protect their skin;
- encourage children to wear clothes that provide good sun protection.
- hold outdoor activities in areas of shade whenever possible, and encourage children to use shady areas during breaks, lunch-hours, sports and trips. Sunbathing is definitely discouraged.
- work towards increasing the provision of adequate shade for everybody.
- encourage staff and parents to act as good role models by practising sun safety;
- regularly remind children, staff and parents 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'
- make sure the Sun Safety Policy is working. We will regularly monitor our curriculum, assess shade provision, and review the sun safety behaviour of our young people and staff (use of hats, shade etc).

Suggestions to help cope with hot weather

- Pupils to wear hats when outside.
- Pupils should be encouraged to wear sun cream.
- Teachers should make a judgement 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.
- Where possible, all doors and windows should be opened to provide a through breeze & class room blinds should be drawn.
- Physical education lessons should be carefully planned to avoid sun exposure, unnecessary exertion and dehydration. In extreme weather, outdoor PE lessons should not last for more than 20 minutes when children should be brought indoors, given time to rest and drink water.
- Annual Sports' Day will be determined by preceding days' climate. Again children spectating should not do so for a prolonged time.
- Pupils with Asthma, breathing difficulties or other relevant health conditions should avoid physical activities

- Parents/carers and children must be encouraged to follow these procedures at home
- Staff must also ensure they drink water regularly and take precautions against the high temperatures

In rare cases, extreme heat can cause heatstroke

Symptoms to look out for are:

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 or fruit juice.
- If symptoms get worse or don't go away medical advice should be sought. Staff to contact Mrs H Martindale or Miss L Holyoak for advice. NHS Direct is available on 0845 4647

If you suspect a member of staff or pupil has become seriously ill, call an ambulance. While waiting for the ambulance: Please read in conjunction with our First Aid Policy.

- 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 or fruit juice to drink.
- Do not give aspirin or paracetamol.

Appendix 1 Q&A

Questions and Answers

Why is sun protection important for children and young people?

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. There are simple steps you can take to enjoy the sun safely – cover up with clothing and a hat, spend time in the shade and apply at least SPF 15 sunscreen generously and regularly.

What about vitamin D?

We all need some sun to make enough vitamin D. Enjoying the sun safely, while taking care not to burn, should help most people get a good balance without raising the risk of skin cancer. For more information on vitamin D, visit the SunSmart website: www.sunsmart.org.uk

Why have a sun protection policy?

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. Developing a sun protection policy is also an important step towards encouraging good health in line with national healthy schools programmes.