SUN SAFETY POLICY

Capel St Mary Primary School
The Street, Capel St Mary, Ipswich, Suffolk IP9 2EG
Tel: 01473 310386
E:mail admin@capel-st-mary.suffolk.sch.uk
Website: www.capel-st-mary.suffolk.sch.uk

Care
Achieve
Persevere
Enjoy
Learn

Suffolk County Council

The aim of this sun safety policy is to protect children and staff from skin damage by the 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, health professional e.g the school nursing team and the wider community to reinforce awareness about sun safety and promote a healthy school.

This school believes in Sun Safety

As part of the Sun Safety policy, our school will;

- Educate children throughout the curriculum about how to protect their skin.

- Encourage children to wear clothes that provide good sun protection.

- Hold outdoor activities in areas of shade wherever possible, and encourage children to use shady areas during breaks, lunch hours, sports and trips. Sunbathing is definitely discouraged.

- Encourage staff and parents to act as good role models by practicing sun safety.

- Regularly remind children, staff and parents about sun safety through newsletters, posters, parents meetings, and activities for pupils.

- Invite relevant professional (school nurse 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 wear sun cream.

- Teachers should make a judgment as to the temperature of the 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 and classroom blinds should be drawn.

- Physical education/ Forest School/Outdoor Learning lessons should be carefully planned to avoid sun exposure, unnecessary exertion and dehydration. In extremely hot weather, outdoor PE lessons will have built in additional rest times, shade and rehydration breaks.

  Annual Sports' Day will be determined by preceding days' climate.

- Pupils with Asthma, breathing difficulties or other relevant health conditions should avoid physical activities in extreme weather if advised by a medical professional.

- 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 these symptoms get worse or don't 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. While waiting for the 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 or fruit juice to drink.

- Do not give aspirin or paracetamol.

THE ROLE OF SCHOOL STAFF

- To encourage parents to provide pupils with their own sun cream for use on sunny days and when the UV levels are high.
- Encourage parents to provide a sunscreen of SPF 50 or greater.
- Allow time during school day for the application of sun cream, by the children.
- Encourage parents to ensure that their children have appropriate cover up clothing such as hats and T shirts.
- Add the use of sun cream reminders to letters for outdoor trips and events.
- Each year incorporate age appropriate sun safety messages in PHSE lessons and assemblies.
- Send information on sun safety in school newsletter home to parents.
- Encourage children to use shaded areas where possible.
- Encourage pupils without cover up clothing to stay in the shade.
- Encourage staff and pupils to be role models for younger pupils.

THE ROLE OF PARENTS

- Parents are asked to support and encourage children to be safe in the sun.
- To apply appropriate SPF50 or greater sunscreen prior to attending school.
- To provide appropriate sunscreen for their child to use themselves before playtimes and school trips.
- It is preferred that parents apply an all day sun lotion as **teachers do not have the time or the permission to apply lotion to children**. This will only be done in exceptional circumstances and only when written permission on a medical form has been supplied. If staff, in exceptional circumstances, support children by applying sun cream, application will be limited to exposed areas, such as the face, neck and arms.

Policy Review Date – February 2026

Next Review Date – February 2028