



# Brunswick Park Primary School

*Learning for living through Respect, Support and Challenge*

## **SUN PROTECTION POLICY**

## **Introduction**

While we recognise that some sun is good for us, over-exposure to Ultraviolet Radiation (UVR) is an important safeguarding issue for schools. During the warmer months of the year, children are exposed to UVR from the sun, often when penetration is strongest (between 11am and 3pm). Without adequate protection, a child's delicate skin can easily burn, causing cumulative and irreparable damage. This can significantly increase their risk of developing skin cancer in later life. Skin cancer is the most common cancer in the UK with rates of the disease rising faster than any other cancer. Around 90% of skin cancers are caused by over-exposure to UVR, so it is almost entirely preventable. Sun exposure in the first 15 years of life contributes significantly to a person's lifetime risk of developing skin cancer, highlighting the importance of schools and parents working together to increase knowledge and influence behaviours, ensuring children are protected against UVR and learn how to enjoy the sun safely.

This policy outlines our commitment to:

**Protection: Providing an environment that enables children and staff to stay safe in the sun.**

**Education: Learning about sun safety to increase knowledge and influence behaviour.**

**Collaboration: Working with parents, staff, and the wider community to reinforce awareness about sun safety.**

## **Clothing and Sun Hats**

Clothing is one of the most effective barriers between our skin and the sun and should always be considered the first line of defence against UV exposure. Ideally clothing should cover as much skin as possible. Shoulders should always be covered as they can easily burn.

Sun hats should be either broad-brimmed, bucket style or legionnaire to adequately shade the face, neck, ears and cheeks. Baseball caps are not recommended because they do not provide shade to the neck, ears or cheeks.

We actively remind parents to ensure children are equipped with an appropriate sun hat for use as required throughout the school day. We make available additional/spare sun hats for all outdoor activities in the event a parent is unable to provide one, or if a child has lost or forgotten their own. We ensure children wear their sun hat outdoors when UV levels reach 3 or above, and we ensure pupils wear school and PE uniforms that keep shoulders covered. Sunglasses are optional.

## **Sunscreen**

Parents should provide children with sunscreen. This should be labelled 'Broad-Spectrum' to provide protection against both UVA and UVB. Sunscreen should be at least Factor 30. Parents should apply sunscreen to children before school and teach them how to reapply it so that they can do this independently. When UV levels reach 3 or above, we make sure sunscreen is applied generously to exposed skin 20 minutes before going outdoors. We aim support children to reapply sunscreen twice in the school day and more often if sweating or playing in water or if they wash their skin. A practical approach towards the application of sunscreen is necessary, with assistance provided only where necessary to younger or less able pupils.

Once-a-day sunscreens are not recommended as the level of protection decreases over time and all sunscreens should be regularly re-applied to maintain the required level of protection. Sunscreen will be stored in a cool, dry, accessible place.

We actively remind parents to ensure children are equipped with an appropriately protective sunscreen for use as required throughout the school day. We make available additional sunscreen for all outdoor activities in the event a parent is unable to provide any, or a child has lost, forgotten, or run out of their own. This is made available for parents to patch test upon request.

## **Shade**

We currently provide some shaded areas outdoors where children can congregate for outdoor play and activities. We encourage children to play in the shade as much as possible when UV levels reach 3 or above, particularly between peak UV hours (11am-3pm). We monitor and limit time children spend outdoors when UV levels are high, particularly during peak UV hours between 11am and 3pm.

## **Staff and Role Modelling**

We ensure all staff role model good sun safety behaviours such as applying sunscreen and wearing a sun hat when UV levels reach 3 or above. We are committed to ensuring all staff are actively involved in the implementation of this policy and that they consider the UV forecast and sun protection/ control measures when planning outdoor play or activities

## **Sun Safety Education**

We are committed to educating all pupils annually about safe and unsafe exposure to the sun, including how to reduce the risk of skin cancer using comprehensive, curriculum linked lesson plans.

## **Parents and Carers**

We communicate our policy and actively remind parents and carers of the required support through a range of channels including our website, newsletters, text messages and parents' meetings. We provide parents and carers with sun safety and skin cancer awareness information to promote support and raise awareness of the prevention and early detection of skin cancer across our wider school community.

## **Hydration**

We are committed to ensuring children are kept hydrated with drinks, particularly water, available and encouraged regularly throughout the day, especially during warmer weather and physical activity.

## **Reviewing the Policy**

This policy will be reviewed no less than annually and will be approved by the Governing Body at each review.