

Sun Safety Procedures

June 2023

Introduction

At Hall Orchard Church of England Primary 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 plan our school will work with staff, pupils and parents to achieve this through education, offering protection and timetabling adjustments.

Aim

The aim of this sun safety plan is to educate children and staff at Hall Orchard Primary School about the skin damage caused by the harmful effects of ultraviolet radiation from the sun.

The main elements of this 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.

Hall Orchard Church of England Primary School believes in Sun Safety

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

- educate children through our curriculum about the causes of skin cancer and how to protect their skin
- encourage children to wear loose-fitting clothes that provide good sun protection
- 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 and games lessons
- encourage staff to find shady areas for children when out of school on visits and trips
- work towards increasing the provision of adequate shade
- encourage parents to act as good role models by practicing sun safety (including the use of sunscreen) and ensuring they supply a proper sun hat/cap
- **sunscreen should not be brought into school but should be applied liberally before school**
- regularly remind children, staff and parents about sun safety through newsletters, posters, parents' meetings, and activities for pupils
- make sure the Sun Safety is working in practice by regularly monitoring our curriculum, access to shade, and review the sun safety behaviour of our children and staff through the use of hats, hydration, seeking out shade, etc

How to support our children in hot weather

- Pupils to wear appropriate caps and hats (e.g. with extra neck coverage) when outside. Light, long-sleeved shirts are permitted.
- Pupils should apply factor 30+ sun cream, regardless of ethnicity; hair or skin colour which needs to be applied **before school by parents or carers** and so should be long-lasting.
- 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. In line with the Nutritional Standards, 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.
- Turn off non-essential lights and 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 either be shortened in length or be broken up allowing regular opportunities for shade and hydration breaks. Alternatively, children could be brought indoors if cooler, 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 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 should 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 through communication streams *eg* Newsletter, website, *etc.*
- Staff should also ensure they drink water regularly and take precautions against the effects of high temperatures and over- exposure to the sun.
 - If parents are aware of any issues, please inform the office asap.
- Office staff to keep medicines in the refrigerator where storage instructions indicate this is a necessity.

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 or fruit juice.

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

Further information:

Check the weather forecast and any high temperature warnings at: www.metoffice.gov.uk

For further information about how to protect your health during a heat wave visit NHS Choices at:

<https://www.nhs.uk/live-well/seasonal-health/heatwave-how-to-cope-in-hot-weather/>

Advice on ways to minimize ultraviolet ray induced skin and eye damage can be found at

http://hpa.org.uk/Topics/Radiation/UnderstandingRadiation/InformationSheets/info_SunsensePoster/

Cancer Research UK SunSmart <http://www.sunsmart.org.uk/schools/schools-and-sun-protection>