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Thongsley Fields Primary & Nursery School

Sun Protection Policy

Safeguarding

Version: 1

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Sun Protection Policy

1. Aims and background

At Thongsley Fields, we understand the importance of sun protection and want staff and pupils to be able to safely enjoy our outdoor areas and the sunny weather.

Sun exposure in the first 15 years of life can contribute significantly to the lifetime risk of skin cancer. Schools are in an important position to help protect children's skin because:

- children are at school five out of seven days a week, at times when UV rays are often highest
- most damage due to sun exposure occurs during the school years
- schools can play a significant role in changing behaviours through role modelling and education
- children and adults are at risk of sunburn within 10-15 minutes of being exposed to strong sunlight
- children spend an average of 1.5 hours outside per school day – more, if involved in sports and outdoor activities
- the development of skin cancer in later years is largely preventable through behaviour modification and sun protection during early years.

2. Education

Our school actively and explicitly includes the teaching of sun safety as part of its PSHE curriculum, specifically connected with themes of Personal Safety and Healthy Living.

Assemblies and other sessions are dedicated to 'Sun Safety' and emphasise the 5 S's of Sun Safety including:

- *SLIP SLOP SLAP* – to *SLIP* on a t-shirt, *SLOP* on the sunscreen and *SLAP* on a hat.

At appropriate times during the year, children will be reminded through our assemblies and class work about 'How to stay Sun Safe'. This includes being encouraged to use the shaded areas of the school during playtimes and outdoor activities.

Parents and carers will be reminded to encourage their children to adopt the Slip, Slop, Slap message and act as positive role models by supplying appropriate sunscreen and clothing.

3. Sun Protection Measures

Our school will undertake the following measures to ensure sufficient sun protection for children and staff:

3.1 Clothing

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- Children and staff are encouraged to wear protective clothing during the summer term. Our school uniform consists of items made from fabrics with a close weave including polo shirts, longer style dresses and shorts. PE kit requirements include the wearing of t-shirts rather than vest style tops.
- Children are expected to wear a sun hat when they are outside in hot, sunny weather and we encourage hats to be wide-brimmed (6-10 cm) in order to protect the face, neck and ears
- Sunglasses may be worn to protect eyes when in bright light.

3.2 Sunscreen

- Covering up and seeking shade are the most important sun protection measures.
- In addition, sunscreen can help to provide additional protection to exposed skin. However, sunscreen **should not be used to increase the amount of time spent in the sun.**
- Pupils are encouraged to apply sunscreen before school starts using SPF30 or above – preferably SPF50.
- Pupils are encouraged to re-apply their own sunscreen periodically throughout the day i.e. before they go outside at lunchtime.

We follow our [Intimate Care policy](#) when supporting children with self-care routines which includes the application of sunscreen.

Children/young people will be supported to achieve the highest level of autonomy that is possible given their age and abilities. The expectation is that staff will work within a culture of 'limited touch' and that when physical contact is made with pupils this will be in response to the pupil's needs at the time. It will be of limited duration and will be appropriate given their age, stage of development and background. Staff will ensure each child/young person does as much for him/herself as he/she can.

Intimate Care Policy – Sept 2021

- In our Nursery, staff will support children to be as independent as possible. This could include directly applying sunscreen to children's skin in order to help teach them how to effectively apply it the next time. Parents are expected to support this by doing the same and ensuring that children come to Nursery and school with sunscreen already applied.
- In Reception and KS1, children are expected to apply sunscreen independently with staff providing support and guidance where required to ensure effective application.
- KS2 children are expected to be able to apply sunscreen independently without requiring any support or guidance from staff unless there are known individual needs that have been discussed with teaching staff and the school's Inclusion Lead and/or Leadership Team.

Parents are expected to supply a suitable strength sunscreen (minimum SPF30) for their child to use during the school day. This **will not** and **must not be shared** with other children in order to avoid any adverse reactions e.g. skin irritations.

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However, school **will** make available an emergency supply of sunscreen for children who may have forgotten their own. Parents are responsible for ensuring that the school holds up to date information about their child's allergies including any particular brands of sunscreen.

3.3 Shade

- Our school is working hard to ensure that there are sufficient areas of shelter and tree cover to provide shade in the school grounds, particularly in areas where pupils congregate. This includes parasols over benches, planting trees and increasing the number of canopies available.
- The availability of shade is a consideration when planning excursions and outdoor activities, as part of the risk assessment process.
- Children are encouraged to make use of available shaded areas when outside.
- Indoors, classroom layouts are adapted as necessary to avoid exposure to direct sunlight.

3.4 Hydration

Children are expected to increase their water intake in hot weather and are encouraged to drink water during break times and lunch times. Every child should bring a water bottle to school every day, filled with plain water, which can be re-filled during the day as required.

3.5 The role of adults

School staff are encouraged to act as role models for sun safety by:

- wearing protective hats, clothing and sunglasses when outside with children
- applying SPF 30+ broad-spectrum, water-resistant sunscreen
- seeking shade wherever possible
- families and visitors are encouraged to use a combination of these sun protection measures when attending and participating in outdoor activities
- where possible, outdoor activities will be scheduled before 11am or after 3pm and/or utilising more shaded areas of the school site
- encourage parents to support the school by acting as role models and providing suitable protection for their children
- maintaining a positive approach to sun protection strategies and involving everyone in making good choices
- developing resources on sun safety in the school library.

4. Monitoring

This policy will be reviewed every three years.