

# St. Alban's Catholic Voluntary Academy

## SUN SAFE POLICY

St Alban's Catholic Primary School will educate our young children within a happy caring environment and Christian atmosphere, thus their whole lives may be inspired by the Spirit of Christ they experience.

This policy was reviewed on Monday 13<sup>th</sup> April 2020;  
This policy will be reviewed in Summer Term 2022

### SECTION 1 INTRODUCTION

- 1.1. This policy has been written in order to promote the good health of the children in our care, in line with the safeguarding and welfare.
- 1.2. Almost all skin cancers are caused by over-exposure to ultraviolet radiation (UVR) from the sun and/or sunbeds.
- 1.3. All skin can be damaged by exposure to UVR.
- 1.4. Damage is permanent, irreversible and increases with each exposure.
- 1.5. Skin cancer is the UK's most common cancer.

### SECTION 2 AIMS

- 2.1. The aims of this policy are:
  - 2.1.1. protection: providing an environment that enables pupils and staff to stay safe in the sun.
  - 2.1.2. education: learning about sun safety to increase knowledge and influence behaviour.
  - 2.1.3. partnership: working with parents/carers, governors, our school nurse and the wider community to reinforce awareness about sun safety and promote a healthy school.

### SECTION 3 OBJECTIVES

- 3.1. St Alban's Catholic Primary School believes in Sun Safety and our objectives are
  - 3.1.1. To ensure that children and staff are protected from skin damage caused by the harmful ultra-violet rays in sunlight.
- 3.2. As part of the Sun Safety policy, our school will:
  - 3.2.1. educate children throughout the curriculum about the causes of skin cancer and how to protect their skin;
  - 3.2.2. encourage children to wear clothes that provide good sun protection.
  - 3.2.3. 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.
  - 3.2.4. work towards increasing the provision of adequate shade for everybody.
  - 3.2.5. encourage staff and parents to act as good role models by practising sun safety;
  - 3.2.6. regularly remind children, staff and parents about sun safety through newsletters, posters, parents meetings, and activities for pupils.
  - 3.2.7. invite relevant professional (school nurses and health promotion officers) to advise the school on sun safety'

- 3.2.8. 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).

## **SECTION 4 HOT WEATHER**

- 4.1. During Hot Weather St Alban's Catholic Voluntary Academy will teach child to help cope with the weather by ensuring that;
- 4.1.1. Pupils should wear a hat when outside, ideally a wide brimmed hat or one with a flap to cover the neck. Hats should either be brought into school each day or kept at school. School will provide some hats for pupils unable to provide their own.
  - 4.1.2. Parents will be made aware that they should provide suitable sun cream for their child's skin, clearly labeled with their child's name and class. We recommend a minimum 4 star UV rated sun cream of Sun Protection Factor 30 or above. It is recommended that parents apply sun cream before school and that each child's cream should stay in school between the months of April till the end of September.
  - 4.1.3. Opportunities will be made available for sun cream to be reapplied throughout the day, under staff supervision. Staff will be able to assist with the appropriate application of sun cream to pupils in the Foundation Stage and Key Stage 1.
  - 4.1.4. For those pupils who are unable to bring their own sun cream, this will be available from the staff in the school.
  - 4.1.5. Teachers should make a judgement as to the temperature of classrooms and make internal arrangements to teach in cooler areas where possible.
  - 4.1.6. Teachers should encourage pupils to drink water and ensure there are regular breaks for them to do so.
  - 4.1.7. Where possible, all doors and windows should be opened to provide a through breeze & class room blinds should be drawn, but not to put the health and safety of anyone at risk – Fire doors should remain closed and not propped open.
  - 4.1.8. Physical education lessons should be carefully planned to avoid sun exposure, unnecessary exertion and dehydration.
  - 4.1.9. 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.
  - 4.1.10. Annual Sports' Day will be held in the morning to avoid the hottest part of the day.
  - 4.1.11. The Annual Sports' Day will be determined by preceding days' climate. Children spectating should not do so for more than 20 minutes at a time.
  - 4.1.12. Pupils with Asthma, breathing difficulties or other relevant health conditions should avoid physical activities.
  - 4.1.13. Parents/carers and children must be encouraged to follow these procedures at home.
  - 4.1.14. Staff must also ensure they drink water regularly and take precautions against the high temperatures.

## **SECTION 5 MEDICAL EMERGENCIES FROM HEAT STROKE**

- 5.1. In rare cases, extreme heat can cause heatstroke
- 5.2. Symptoms to look out for are:
- 5.2.1. Cramp in arms, legs or stomach, feeling of mild confusion or weakness.
  - 5.2.2. If anyone has these symptoms, they should rest for several hours, keep cool and drink water or fruit juice.
  - 5.2.3. If symptoms get worse or don't go away medical advice should be sought.
- 5.3. If you suspect a member of staff or pupil has become seriously ill, call an ambulance. While waiting for the ambulance:
- 5.3.1. If possible, move the person somewhere cooler.
  - 5.3.2. Increase ventilation by opening windows or using a fan.

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- 5.3.3. Cool them down as quickly as possible by loosening their clothes, sprinkling them with cold water or wrapping them in a damp sheet.
- 5.3.4. If they are conscious, give them water or fruit juice to drink.
- 5.3.5. Do not give them aspirin or paracetamol.**

## **SECTION 6 THE SOLAR UV INDEX**

- 6.1. The St Alban's Catholic Voluntary Academy has a UV meter
- 6.2. The UV index is a 5 category solar UV forecast
  - 6.2.1. 0 - 2 no protection required
  - 6.2.2. 3 - 7 moderate to high UV levels sun protection is required
  - 6.2.3. 8 -10 Extreme UV levels extra protection are required

## **SECTION 7 THE SCHOOL'S FIVE S'S OF SUN SAFETY**

- 7.1. All skin types can be damaged by UV but those with fairer skin need to take extra care
- 7.2. It's not just sunbathing that puts you at risk, but being in the sun without adequate protection.
- 7.3. The five simple steps to sun safety
  - 7.3.1. **Slip** on protective clothing, no bare tops
  - 7.3.2. **Slop** on Sun Protection Factor 30+ sunscreen
  - 7.3.3. **Slap** on a wide brimmed hat or cap that shades the face, neck and ears
  - 7.3.4. **Slide** on quality sunglasses
  - 7.3.5. **Shade** from the sun

**Date:** Monday 13<sup>th</sup> April 2020

**Signed:**

**When Policy was adopted on:**

**Date of Review:** Summer Term 2022