



# Gidea Park

PREPARATORY SCHOOL AND NURSERY

## Sun Safe Policy

**May 2023**

Too much exposure to ultraviolet light (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of skin cancer.

The main elements of our approach are:

- **Partnership:** working with parents, staff and the wider community to reinforce awareness about sun safety and promote a healthy school.
- **Education:** learning about sun safety to increase knowledge and influence behaviour.
- **Protection:** providing an environment that enables children and staff to stay safe in the sun.

#### **PARTNERSHIP**

- Sun safety will be promoted through working with parents, staff and the wider community to improve our understanding and provision to avoid harmful effects of too much exposure to ultraviolet light (UV).
- Staff should act as positive role models and set a good example by seeking out the shade whenever possible and wearing suitable clothing and sunscreen.

#### **EDUCATION**

- Parents and guardians will be asked through letters/newsletters to support this policy by encouraging their children to follow the guidelines.
- An assembly will be provided each year for the children to re-enforce the Sun Safe message.
- Staff will regularly reinforce the Sun Safe message through discussion and reminders.

#### **PROTECTION**

##### **Shade:**

- The playground and play areas have shade provided by the school building and trees. We will provide temporary shade for use during outdoor play as required.
- Children will be encouraged to use the shaded areas during playtimes in sunny weather.

##### **Sunscreen:**

- All parents should apply sunscreen to their child in the morning before the start of the school day when the forecast is for sunny weather.
- Parents are required to provide their child with suitable non-aerosol sunscreen of at least factor 15.
- We encourage pupils to take responsibility for reapplying their own sun screen during the school day where appropriate and as instructed by staff.
- **Staff are permitted to apply suncream to a pupil unless we receive written confirmation otherwise.**
- Pupils are not permitted to use another pupil's sunscreen.

##### **Hats:**

- Parents are required to provide children with a school sun cap in sunny weather.

##### **Drinking Water:**

- Children are encouraged to increase their water intake in hot weather and are encouraged to drink water during outdoor play times. All children require a water bottle in school as part of their uniform.