



**Date of formal review: September 2019**

**Signed: \_\_\_\_\_ Head teacher**

**Signed: \_\_\_\_\_ Safeguarding Governor**

AIMS

Keeping children safe from harm includes environmental factors in the and around the school setting. The aim of this policy is to protect children and staff from skin damage caused by the effects of ultraviolet (UV) radiation from the sun.

Pupils spend significant amounts of time outside; arriving to, during and departing from their school day. This occurs 5 days a week at times when UV rays are high – most sun exposure happens during the school years and is highly preventable. UV rays cause sunburn and exposure to the sun in the first 15 years of life contributes significantly to the risk of sun related cancers throughout a person's lifetime.

Sheffield Lower School implements practices and role modelling which ensure appropriate modifications to keep children safe whilst in education, including arriving to and departing from our setting.

The main elements of this policy 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.

#### **Our strategies for sun protection:**

**Covering up and shade are the most important strategies to fulfil.**

Sheffield staff will:

- Ensure that the uniform policy is followed so that pupils are safe, such as loose close weave fabrics, shirts with collars and sleeves to protect arms. Dresses will not be too short and shorts should also be long. When changing for sports, vests will not be worn. Sandals are not safe for children to wear when playing.
- Hats will be actively encouraged to shade the face and eyes. The availability of hats will be promoted, with promotion of the benefits of hats with wide brims, and neck protections.
- Sunscreen with a very high factor should be applied before leaving for school. It should be water resistant. Once a day application in the morning is imperative, and it is advised by the sun-safe council that a reapplication be made if there is to be prolonged exposure. Children will be shown by their parents how they can apply their own named creams; staff cannot apply creams to children. Staff will then support children with their own named creams whilst in school. The sharing of creams can never be permitted, and cream is not used to increase the amount of time spent in the sun.
- Children will be permitted to wear sunglasses if they comply with the CE safety requirement. This prevents harmful rays damaging the eyes. Cosmetic shades worsen the damage by opening the pupils when harmful rays are present, thus exposing them more. Parents are responsible for ensuring this. Such items are the responsibility of each child to keep safe from loss/breakages; school will not be held responsible for sunglasses, and recommend hats with wide brims for the complete shade of faces and eyes.

- Teachers should make a judgement as to the temperature of classrooms and make internal arrangements to teach in cooler areas where possible
- Teachers should encourage pupils to drink water and ensure there are regular breaks for them to do so.
- Where possible, all doors and windows should be opened to provide a through breeze & classroom blinds should be drawn
- When the heat outside is hotter than inside, without breeze, shutting windows and using fans may prove more effective
- Physical education lessons should be carefully planned to avoid sun exposure, unnecessary exertion and dehydration. 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
- Annual Sports' Day will be determined by preceding days' climate. In cases of extreme heat, appropriate planning will be in place to ensure length of participation and spectating in the sunshine is kept to a minimum.
- Pupils with Asthma, breathing difficulties or other relevant health conditions should avoid physical activities as advised by their medical practitioner, or care plan.
- Parents/carers and children must be encouraged to follow these procedures at home
- Staff must also ensure they drink water regularly and take precautions against the high temperatures

#### Shade:

- The school makes sure there are shelters and trees providing shade in the school grounds particularly in areas where students congregate.
- As part of all future provisions, shade is a considered factor.
- The availability of shade is considered when planning excursions and all outdoor activities.
- Children are encouraged to make use of available shaded areas when outside.
- We will encourage children to seek shade during breaks and dinner hour.
- Provide permanent or temporary shady structures within school grounds.
- Involve staff, students and parents in the development and implementation of the policy

#### Role modelling

- Wearing protective hats, clothing and sunglasses when outside.
- Apply SPF 30+, water resistant sunscreen.
- Seeking shade whenever possible.
- Drinking plenty of water and taking 'cool breaks' from activities such as PE, or sports spectating.
- Families and visitors are encouraged to use a combination of these sun protection measures when attending and participating in outdoor activities.
- Schedule outdoor activities before 11am or after 3pm wherever possible. This may prove difficult for some sporting fixtures, but consideration of shade and exposure must be a priority, including cancelling events if pupils are likely to be over exposed.
- Include skin cancer education in the curriculum, as appropriate to each age, using PSHE programmes of study and discussions. Younger children will be made aware that the sun can be highly damaging.
- Encourage parents to support the school by acting as role models and providing protection for their children.
- Be positive in your approach. Allow sun protection strategies to be fun, involve everyone, and provide choices.

In rare cases, extreme heat can cause heatstroke

Symptoms to look out for are:

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 don't go away medical advice should be sought.

If you suspect a member of staff or pupil has become seriously ill, call an ambulance. While waiting for the 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 them aspirin or paracetamol.

## Reviewing and evaluating the policy

- Review current health education guidelines annually – Actioned by school office.
- Incorporate sun safety into the curriculum and provide for sun safe education – Actioned by Science and PSHE leaders.