

OAKWOOD JUNIOR SCHOOL

Sun Safety Policy - being safe in the sun

Review Date	Autumn 2017
Reviewed by	HT
Review Cycle	Every 4 years
Next review due	Autumn 2021

Signed :.....

Name :.....
on behalf of the Governing Body of Oakwood Junior School

Sun Safety Policy - being safe in the sun

At Oakwood Junior School we acknowledge the importance of sun protection and want staff and pupils to enjoy the sun safely. We will work with staff, pupils and parents to achieve this through:

Skin cancer is one of the most common cancers in the UK and the number of cases is rising at an alarming rate. The good news is that the majority of these cases could be prevented. Most skin cancers are caused by ultraviolet (UV) radiation from the sun. If we protect ourselves from the sun then we can reduce our risk. This is particularly important for children and young people whose skin is more delicate and easily damaged. Studies have found that sunburn during childhood can increase the risk of skin cancer later in life. You may not see the damage immediately because skin cancer can take years to develop, but children who are over-exposed to the sun now are storing up problems for the future.

What about vitamin D?

We all need some sun to make enough vitamin D. Enjoying the sun safely, while taking care not to burn, can provide all the benefits of vitamin D without raising the risk of skin cancer.

The Skin cancer prevention messages can be promoted by using the SMART code:

S tay in the shade 11-3

M ake sure you never burn

A lways cover up with a t-shirt, hat and sunglasses

R emember to take extra care with children

T hen use at least factor 15+ sunscreen.

Children have delicate skin that can be easily damaged by the sun's UV rays, particularly in the middle of the day. Schools have a responsibility to ensure that pupils are protected from the harmful effects of too much sun as much as possible during the school day. This is particularly important when engaging in school based activities such as outdoor excursions, water sports, sports days and outdoor PE lessons where the potential for sunburn is higher. Although fair skinned people are more at risk from sun damage, sun protection is relevant to everyone.

Developing a sun protection policy is an important step towards encouraging good health in line with national healthy schools programmes.

- **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
- **COLLABORATION:** working with parents, governors and the wider community to reinforce awareness about sun safety and promote a healthy school.

EDUCATION

- We will talk about how to be safe in the sun in assemblies at the start of the summer term and before summer break.
- Parents/Carers will be reminded in the newsletter about what the school is doing about sun protection and how they can help at the beginning of the summer term.

PROTECTION – this is an ongoing process

- **Shade** - We will encourage students to sit/play in the shade where it is available.
- We will encourage children to wear hats, clothing and sunscreen to prevent sunburn.
- Children will be encouraged to wear hats
- Sunscreen use will be encouraged
- We cannot supply sunscreen due to the risk of allergies therefore children will be encouraged to bring some from home.