

St Luke's CE First School

Sun Safety Policy



Approved by the Governing Body June 2023

Review Date June 2026



Introduction

At St Luke's CE First School we want staff and pupils to enjoy the sun safely. Our policy is based on the SunSmart guidelines from UK Cancer Research. We will work with staff, pupils and parents to achieve this through:

EDUCATION:

- All pupils will discuss how to stay safe in the sun in class.
- We will talk about how to be safe in the sun in collective worship at the start of the summer term.
- Parents and guardians will be sent reminders about sun protection as necessary – e.g. through newsletters and Class Dojo posts.
- The school will seek opportunities to access resources that can be sent home reinforcing sun safety messages.

PROTECTION:

Shade: the school will seek ways of providing shade

- The school has a permanent shade canopy (quiet area) on the playground in addition to the natural shaded areas in school.
- The Early Years have a covered outdoor learning area which provide UV protection.
- When the sun is strong we will encourage pupils to sit/play in the shade where it is available.
- Where possible, outdoor activities will take place in the shade.

Timetabling:

- The school will endeavour to timetable school sports days for mornings.
- The school will try to ensure that children are not exposed to sun (strong UV) during lunchtimes and afternoon PE sessions for more than 20 minutes without shade breaks.
- The school will review the timetabling of events which take place outdoors and if required shorten or re-schedule.
- Exposure to the sun during lunch time will be limited to 20-30 minutes.

Clothing:

- Parents will be asked to dress children in suitable clothing-avoiding sleeveless tops.
- Parents will be encouraged to send their child to school in suitable sun hats (ideally covering ears, face and neck).
- Dojo messages will be sent home asking parents to ensure their child has an appropriate hat.
- Staff will be encouraged to wear suitable hats and clothing when on playground duty and teaching outdoors on sunny days to reinforce the SunSmart message.
- Parents are asked to support and encourage the sun safety policy and are asked to set a good example by adopting safe sun habits.

Indoors:

- Windows and other ventilation openings will be opened during the cool of early morning to allow stored heat to escape from the building.
- The use of electric lighting will be kept to a minimum during heatwaves.
- All electrical equipment, including computers and monitors will be switched off when not in use and will not be left in standby mode.

Sunscreen:

- Pupils should have sunscreen applied before school. School will recommend to parents that the **suncream they use should be a minimum of SFP 30 and minimum of 4 star UVA protection. Ideally, SPF 50/60 is recommended.**
- School will not provide sunscreen for pupils.

Hydration:

- We make sure water is available and encourage children and staff to drink regularly. All children have access to their own St Luke's water bottle during the day.
- In unusually hot weather, additional water stations are available during lunchtimes when pupils carry their water bottles with them at all times.

MAINTAINING CHILDREN'S HEALTH DURING HOT WEATHER CONDITIONS

- Pupils will be encouraged to eat normally.
- Pupils will be encouraged to drink plenty of water on hot days.
- Classroom layouts will be adjusted if necessary to avoid direct sunlight on pupils.

In extreme hot weather conditions we will ask parents/carers to:

- Send children to school in loose fitting clothes. Children should wear their PE T-shirt, shorts and pumps to school.
- Provide a water/juice bottle which has been frozen overnight.
- Provide a sunhat.
- Apply sun cream before coming to school.

School will:

- Provide quiet, still activities. There will be no physical activity when temperatures are extremely high.
- Provide cold water and encourage regular sips of water.
- Open school very early, opening all windows and doors to allow for school to be as cool as possible.
- Maintain regular checks of classroom temperatures, move children out of classrooms which are too hot.
- Keep blinds closed and electrical equipment to a minimum
- Have fans on in classrooms.

- Give children a short outdoor break in forest school which is shaded.
- Consider closing the school early so that children are not in school during exceptionally high temperatures.