

# Sandringham Infant and Nursery Academy



## Sun Safety Policy

|                        |                |
|------------------------|----------------|
| <b>Policy Approved</b> | September 2022 |
| <b>Review Period</b>   | Annual         |
| <b>New Review</b>      | September 2023 |
| <b>Written By</b>      | Sarah Randles  |

## **INTRODUCTION**

Too much exposure to ultraviolet light (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer.

Cancer Research UK state; it is widely agreed that a combination of measures including using shade and clothing as the first lines of defence and sunscreen for the parts you can't cover, offers the best protection against over-exposure to UV radiation from the sun.

We believe schools are central to protecting children's skin this is because:

- Children are at school five out of seven days a week at times when UV rays are high.
- Most damage due to sun exposure occurs during the school years.
- Schools can play a significant role in changing behaviours through role modelling and education.
- Children spend an average of 1.5 hours outside per school day, more if involved in sports and outdoor activities.
- Skin cancer is largely preventable through behaviour modification and sun protection during early years.

## **ROLES AND RESPONSIBILITIES**

### **School staff will:**

- Minimise the risks by limiting the amount of time that children are required to spend exposed to the sun.
- Consider the timing of events and using available shade between 11am and 3pm
- Encourage children to make use of all available shade provided by buildings, trees etc between 11am and 3pm.
- Children asked to wear school caps when outside in the sun.
- Encourage children to drink plenty of water to prevent dehydration.

### **Parents:**

- Please apply lasting (i.e 6-8-hour sunscreen) sunscreen before your child comes to school.
- Send your child to school with a named school cap (if not kept in school) which provides head, face and neck protection from the sun.
- Send in a named water bottle every day.
- Avoid using the Nivea Sun Kids cream or spray due to nut content.



### **After school club:**

Due to the children being in school for a longer day when attending the after school club, parents can leave a named bottle of sun cream with the school office to be applied to children when the school day has finished. This will be kept in the school security cupboard and not the child's school/book bag.