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INFANT SCHOOL**
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Hove Learning Federation

Sun Safe Policy

Amended: Summer 2023

Adopted by Reader 1 & 2 on behalf of the Governing body: Summer 2023

Date of next review: Summer 2025

We are committed to safeguarding and ensuring the health, safety and well-being of all pupils in accordance with safeguarding procedures and guidance for staff outlined in the school's Health and Safety, Child Protection, Security and Safeguarding policies.

Sun Safe Policy

Aims

The aim of this policy is to protect children and staff from short and long term skin damage caused by the effects of ultraviolet radiation from the sun. Current research shows that even one blistering sunburn in childhood or adolescence more than doubles your chances of developing melanoma skin cancer later in life¹. Since the early 1990s, melanoma skin cancer incidence rates have more than doubled (140%) in the UK² alone and as such must be a priority in our community to educate, protect and prevent children from unnecessary skin damage.

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

Protection

As a staff, during the terms Spring 2, Summer 1 and Summer 2, we will:

- Encourage children to wear sun protective clothes, especially sun hats, which provide good sun protection
- Remind children to drink regularly: Water is available in classrooms and around the school environment
- Observe children for signs of overheating and remind them about taking jumpers off, staying hydrated and playing in the shade, where necessary
- Hold outdoor activities in areas of shade whenever possible, and encourage children to use shady areas during breaks, lunch-hours, sports and all school trips. In the event of more extreme heat, a supervised shady space will be made available for children to use

¹ <https://www.skincancer.org/risk-factors/sunburn/>

² <https://www.cancerresearchuk.org/health-professional/cancer-statistics/statistics-by-cancer-type/melanoma-skin-cancer#heading-Zero>

- During extreme hot weather, the EYFS outside classroom is open for shorter periods and children must be wearing sun hats (thier own or the school's) to play outside
- Ensure that the Sun Safety Policy is working. We will regularly monitor our curriculum, assess shade provision, and review the sun safety behaviour of our children and staff (use of hats, shade etc.)

Education

We keep our community safe by:

- Educating children throughout the Personal, Social and Health Education curriculum about the effects of overexposure to the sun and how to protect their skin
- Promoting a positive attitude to staying protected in the sun through recognition and praise of children taking care of their skin

Partnership

- Regularly having relevant professionals, such as the school nurse, visit the school to advise the on sun safety for children and parents and carers
- Informing parents and carers that children will need to apply their own sunscreen as adults in the school cannot do this for them due to safeguarding reasons. Spray bottles are very useful for this purpose and staff will happily talk children through the process of applying sunscreen if they need support
- Informing parents in a Summer term newsletter, the importance of applying sunscreen before school and supplying a hat to be worn during outside play in the warmer months (roughly April-October). Children are encouraged to bring sunscreen to apply before lunchtimes.
- Informing children and parents/carers not to share sun protection products due to potential allergic reactions

In rare cases, children can become sunburnt

Symptoms to look out for are:

- Red, hot or sore looking skin

If we suspect a pupil has become burnt, or is beginning to burn, we will take the following actions:

- get them out of the sun as soon as possible
- Informing parents & carers as soon as we can
- cooling their skin by sprinkling them with water and/or patting the skin with wet paper towels
- Patting the skin dry if needed, not rubbing
- Encouraging the child to drink plenty of water to both cool down and to prevent dehydration
- covering sunburnt skin from direct sunlight until skin has fully healed

In very 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 parents/carers will be informed immediately. In the meantime, they should rest for several hours, keep cool and drink water.

If we suspect a pupil has become seriously ill, we will call an ambulance. While waiting for the ambulance:

- If possible, we will move the child 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 to drink