

# Sun Protection Policy

## Ysgol Tremeirchion



Name of school	Ysgol Tremeirchion
Address and post code	Tremeirchion Llanellwy LL17 0UN
Phone number	01745 710 328
Email address for this policy	Ysgol.tremeirchion@denbighshire.gov.uk
Web link to policy	<a href="http://www.ysgoltremeirchion.cymru">www.ysgoltremeirchion.cymru</a>

To be completed by the school:

Name of policy	Sun Protection Policy Guidelines
Date Policy formally approved by Governing Body	September 2024
Date Policy becomes effective	September 2024
Review Date	September 2027
Signed (head teacher)	Bethan Davies
Signed (chair of governing body)	Gwenan Williams
Information about this policy is available to parents/carers	On website

To be completed by Denbighshire Education and Children's Services (DCC ECS):

Policy developed by	DCC ECS
Date adopted by Education and Children Services JMT	NA
Original policy date issued to Denbighshire schools	13/05/2019
Version number and date	Version 1, 20/03/2019
Version developed by	DCC ECS
Review date	Spring 2020
Well-being assessment completed and date	NA

## **1. Aim of this document**

- 1.1 This document aims to protect pupils and staff from the risks associated with exposure to the sun, particularly during the summer months.
- 1.2 Best practice principles for sun protection have been considered which are: timetabling of activities, spending time in the shade and covering up with suitable clothing (including a wide brimmed hat), as well as the use of sunscreen (see 2.1).

## **2. Development of this document**

- 2.1 This document is based on the 2016 National Institute for Health and Care Excellence guidance (NICE) – Sunlight Exposure: Risks and Benefits; British Association of Dermatologists guidelines on sunscreen and sun safety and Cancer Research UK SunSmart guidelines for schools.
- 2.2 The document was developed by Denbighshire County Council. As part of a consultation process, feedback was sought from schools, Education and Children's Services Officers, health professionals, Public Health Wales and Unions.
- 2.3 If you are using this document, please explain what you have done to personalise it.

## **3. Why this document is needed**

- 3.1 Studies have found that sunburn during childhood is strongly associated with an increased risk of skin cancer later in life. The damage may not be seen 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 (Cancer Research UK).
- 3.2 In the UK, sunlight is strongest between 11am and 3pm between March and October (NICE, 2016).

## **4. Implementation – COLLABORATION**

Working with governors, parents/carers and the wider community is key to reinforcing awareness about sun safety and to promote a healthy school.

- 4.1 Ensure parents/carers are made aware of the sun protection guidelines at the start of every school year and anticipated periods of sunny weather/high UV index, and request their support in protecting their child(ren) against sun damage. Send a standard letter, appendix 1.
- 4.2 Encourage parents/carers to inform the school of sunburn thought to have been sustained at school or home (appendix 1). Keep a record of children arriving at school with sunburn to ensure their safety.
- 4.3 Make opportunities available for parents/carers, governors and staff to feedback any concerns or difficulties with the implementation of these guidelines, to review and update them for the following year, and to monitor effectiveness (appendix 1).

## **5. Implementation - EDUCATION AND ROLE MODELLING**

Learning about sun safety can increase knowledge and influence behaviour by:

- 5.1 Incorporating sun protection related activity into the curriculum at the start of the summer term (for example using resources from charities such as SunSmart resources and visits from Tenovus).
- 5.2 Making all staff made aware of the school sun protection guidelines (state how, e.g. in a staff meeting) and the importance of implementing all measures.
- 5.3 Ensuring that staff supervising the application of sunscreen are aware of how it is applied and the amounts needed to be effective (see 6.4).
- 5.4 Regularly reinforcing and promoting these guidelines to the whole school community. For example: in school assemblies, on the school website, in newsletters, posters, staff discussions, parent meetings and new staff induction.
- 5.5 Staff role-modelling sun safety to pupils, by encouraging staff to wear a sun protective hat, wearing cover up clothing and sunglasses, seeking shade whenever possible and applying sunscreen.

## **6. Implementation – PROTECTION**

Skin should be protected from strong sunlight by an adjustment to timetabling, seeking shade, covering up with suitable clothing and using sunscreen. Sunscreen is not an alternative to these, but it does offer additional protection.

### **6.1 Time-tabling**

During anticipated periods of sunny weather/high UV index,

6.1.1 Outdoor activities to be scheduled between 9am and 11am where possible.

6.1.2 However, if outdoors between 11am and 3pm consider the ability to reschedule for another time if possible to do so. If not:

- a. Provide shade for children and encourage its use;
- b. Ask all pupils with hats (that cover the face, neck and ears as a minimum) to wear them when outside; and
- c. Encourage pupils to re-apply sunscreen during the school day (see 6.4).

### **6.2 Shade**

Providing an environment that enables pupils and staff to stay safe in the sun through the provision and use of shade.

6.2.1 Carry out an annual shade review of the school grounds, to address poor shade areas, and put measures in place to ensure shade for all children outdoors (e.g. pop up shade structures might be purchased).

During anticipated periods of sunny weather/high UV index,

6.2.2 All children outdoors between the hours of 11am and 3pm to have shade sufficient that they may all play in the shade.

6.2.3 Staff encourage children to play in the shade if outside between 11am and 3pm.

6.2.4 Seating areas and play areas placed in shade where possible.

6.2.5 Provide access to indoor areas of the school where possible.

## 6.3 Clothing

During anticipated periods of sunny weather/high UV index,

6.3.1 Ask parents/carers to provide their child with a hat that protects their face, neck and ears (wide-brimmed, legionnaire or bucket) as part of the school uniform when outside.

- Encourage pupils to wear this when outside (if made available by their parents/carers).
- **AND/OR** Some schools choose to have a supply of spare hats.
- **OR** Some schools include a sun hat as fixed part of their school uniform.

6.3.2 Ask all parents/carers to provide their child with sunglasses. All pupils will be encouraged to wear them (if made available by their parents/carers).

6.3.3 Aim for loose, long-sleeve, close-weave tops to become a future part of the Summer school uniform.

## 6.4 Sunscreen

Sunscreen should be used together with clothing and shade to protect the skin from sun damage, and should never be used to extend time in the sun (Cancer Research UK).

## **Information about sunscreen (adapted from NICE 2016 and British Association of Dermatologists)**

- Sunscreen is not an alternative to covering up with suitable clothing and seeking shade, but it can offer additional protection when applied to parts of the body that cannot be covered.
- Recommended: sunscreen with at least SPF15 for UVB protection and at least 4 star for UVA protection.
- If sunscreen is applied too thinly, the amount of protection it gives is reduced.
- The recommended amount for the average adult is:
  - 6 to 8 teaspoons
  - This is: more than half a teaspoon to each arm, and face/neck; more than one teaspoon to each leg, front of body and back of body (if not covered).
- Sunscreen needs to be reapplied liberally and frequently to remain effective because it rubs off, sweats off, washes off.
- Regardless of claims, once daily sunscreens also need to be applied frequently.
- Water resistant sunscreen is needed if sweating or contact with water is likely.
- Check the expiry date of sunscreen, as it becomes less effective over time.
- Video on the application of sunscreen: <https://www.nhs.uk/video/pages/how-to-apply-sunscreen.aspx>

During anticipated periods of sunny weather/high UV index,

6.4.1 Provide parents/carers with information on type of sunscreen and its application (appendix 1).

6.4.2 Ask parents/carers to apply sunscreen to their child before coming to school.

6.4.3 Ask parents/carers to provide their child with sunscreen to bring to school (labelled).

6.4.4 Encourage pupils to re-apply sunscreen during the school day, with supervision where appropriate (for example very young children or pupils with additional learning needs).

6.4.5 Parent/carer consent will be sought for staff to apply sunscreen to pupils' that are unable to apply sunscreen themselves e.g. due to a disability.

## **7. Review**

7.1 Denbighshire will review their guidelines annually and will consider any changes in national guidance and any feedback made available from schools and partners. This should be used to review the school guidelines and practices.

## **8. References**

- 8.1 British Association of Dermatologists (2013). Sunscreen and sun safety factsheet ©
- 8.2 <http://www.bad.org.uk/shared/get-file.ashx?id=3917&itemtype=document>
- 8.3 British Photodermatology Group Position Statements on Sun Awareness and Safety.
- 8.4 <http://www.bad.org.uk/for-the-public/sun-awareness-campaign/british-photodermatology-group-position-statements>
- 8.5 Cancer Research UK (2012). Sun Protection Policy Guidelines for Primary Schools. [https://www.cancerresearchuk.org/sites/default/files/sunsmart\\_sun\\_protection\\_policy\\_guidelines\\_for\\_primary\\_schools.pdf](https://www.cancerresearchuk.org/sites/default/files/sunsmart_sun_protection_policy_guidelines_for_primary_schools.pdf)
- 8.6 National Institute for Health and Care Excellence guidance (2016). Sunlight Exposure: Risks and Benefits. NG34. <https://www.nice.org.uk/guidance/ng34>



## Appendix 1: page 1 – example parent / carer letter to send out in the summer term

Dear parent/carers,

### **Re: sun protection guidelines**

We would like to share some information about our sun protection guidelines which are based on national best practice. These are the skin cancer prevention messages recommended by Sun Smart (Cancer Research UK):

- S** Stay in the shade between 11am and 3pm
- M** Make sure you never burn
- A** Always cover up with t-shirt, hat and sunglasses
- R** Remember to take extra care with children
- T** Then use at least factor 15+ sunscreen\*

The sun's rays are particularly strong over the summer and they can damage children's skin. Sadly, this can lead to skin cancer in later life. Your child's health and well-being are very important to us, which is why we:

- Include sun protection related activity in the curriculum
- Encourage pupils to play in the shade
- Hold outdoor activities where possible outside of 11am and 3pm; or in the shade
- Encourage pupils to wear a hat that covers the face, neck and ears, and sunglasses

Your support is important and you can help us by:

- Talking to your child about the importance of sun protection
- Sending your child to school with a hat that protects the face, neck and ears and UV protective sunglasses.
- Applying sunscreen to your child before school\*
- Sending your child to school with a bottle of sunscreen labelled with their name\*
- Reporting to school any sunburn that you think may have been sustained at school or at home.
- Volunteering to help raise money for shade structures on the playground.

## Information about sunscreen (adapted from NICE 2016 and British Association of Dermatologists)

Sunscreen should be used together with clothing and shade to protect the skin from sun damage, and should never be used to extend time in the sun (Cancer Research UK).

Sunscreen is not an alternative to covering up with suitable clothing and seeking shade, but it can offer additional protection when applied to parts of the body that cannot be covered.

- Recommended: sunscreen with at least SPF15 for UVB protection and at least 4 star for UVA protection.
- If sunscreen is applied too thinly, the amount of protection it gives is reduced.
- The recommended amount for the average adult is:
  - 6 to 8 teaspoons
  - This is: more than half a teaspoon to each arm, and face/neck; more than one teaspoon to each leg, front of body and back of body (if not covered).
- Sunscreen needs to be reapplied liberally and frequently to remain effective because it rubs off, sweats off, washes off.
- Regardless of what is claimed, once daily sunscreens also need to be applied frequently.
- Water resistant sunscreen is needed if sweating or contact with water is likely.
- Check the expiry date of sunscreen, as it becomes less effective over time and will expire.
- Video on the application of sunscreen: <https://www.nhs.uk/video/pages/how-to-apply-sunscreen.aspx>

## Appendix 2: Sun Smart Protection Guidelines Checklist (can be implemented in the summer term)

<b>COLLABORATION</b>	<b>Achieved</b>	<b>Reasons not achieved</b>	<b>Other comments/ feedback/evidence</b>
Parents/carers made aware of sun protection guidelines at start the start of the year (e.g. letter appendix 1), and a request for their support in protecting their child(ren) against sun damage. (e.g. letter, appendix 1).			
Reminders via Twitter, text, letters etc during periods of anticipated sunny weather			
Encourage parents/carers to inform the school of sunburn thought to have been sustained at school or home (appendix 1). Keep a record of children arriving at school with sunburn to ensure their safety.			
Opportunities available for parents/carers, governors and staff to feedback any concerns or difficulties with the implementation of these guidelines (e.g. letter appendix 1).			
<b>EDUCATION</b>	<b>Achieved</b>	<b>Reasons not achieved</b>	<b>Other comments/ feedback/evidence</b>
Sun protection related activity incorporated into the curriculum at the start of the summer term (for example using resources from charities such as SunSmart resources and visits from Tenovus).			
All staff made aware of the school sun protection guidelines (e.g. in a staff meeting) and the importance of implementing all measures.			

# Sun Protection Policy Guidelines

Staff supervising the application of sunscreen are aware of how it is applied and the amounts needed to be effective (see 6.4).			
Sun safe guidelines regularly reinforced to the whole school community. For example: in school assemblies, on the school website, in newsletters, posters, staff discussions, parent meetings and new staff induction.			
Staff role-model sun safety to pupils, e.g. encouraged to wear a sun protective hat, wearing cover up clothing and sunglasses, seeking shade whenever possible and applying sunscreen.			
<b>PROTECTION</b> <b>Time-tabling during anticipated periods of sunny weather/high UV index</b>	<b>Achieved</b>	<b>Reasons not achieved</b>	<b>Other comments/ feedback/evidence</b>
Outdoor activities scheduled between 9am and 11am where possible or in the shade			
If outdoors between 11am and 3pm consider the ability to reschedule for another time if possible to do so. If not: a) Provide shade for children and encourage its use; b) Ask all pupils with hats (that cover the face, neck and ears as a minimum) to wear them when outside; and c) Encourage pupils to re-apply sunscreen during the school day (see 6.4).			
<b>PROTECTION</b>	<b>Achieved</b>	<b>Reasons not achieved</b>	<b>Other comments/ feedback/evidence</b>

# Sun Protection Policy Guidelines

Shade during anticipated periods of sunny weather/high UV index			
Annual shade review of the school grounds, to address poor shade areas, and put measures in place to ensure shade for all children outdoors (e.g. pop up shade structures might be purchased).			
All children outdoors between 11am and 3pm will have shade sufficient that they may play in the shade			
Staff encourage children to play in the shade if outdoors between 11am - 3pm			
Seating areas and play areas are in the shade (where possible)			
Provide access to indoor areas of the school where possible			
PROTECTION Clothing	Achieved	Reasons not achieved	Other comments / feedback / evidence
Parents/carers asked to provide their child with a hat that protects the face, neck and ears as part of summer uniform when outside. Children encouraged to wear them when outside.			
School has a supply of spare hats available for those without.			
Parents/carers asked to provide their child with sunglasses. All pupils will be encouraged to wear them (if made available by their parents/carers).			

# Sun Protection Policy Guidelines

Aiming for loose, long-sleeve, close weave tops as part of future summer uniform			
<b>PROTECTION</b> <b>Sunscreen</b>	<b>Achieved</b>	<b>Reasons not achieved</b>	<b>Other comments/ feedback/evidence</b>
Parents/carers receive information on the types of sunscreen (appendix 1)			
Parents/carers asked to apply sunscreen to their child before school.			
Parents/carers asked to provide their child with sunscreen to bring to school (labelled).			
Pupils encouraged to re-apply sunscreen during the school day (supervision where appropriate, e.g. very young children or children with ALN)			
Parent/carer consent sought for staff to apply sunscreen to pupils' that are unable to apply sunscreen themselves e.g. due to a disability.			