



Care in the Sun Policy



Date:	Policy reviewed:	Policy amended:
October 2015		
October 2017		
October 2019		

Rationale

Sun safety is increasingly becoming an issue for schools. The incidence of skin cancer has doubled in the past 15 years and is now the second most common cancer with 2500 deaths annually. The sun produces UV radiation, which can damage the surface of the skin, the structures inside the skin and the function of skin causing mutations in the DNA skin cells. 80% of most people's exposure to the sun takes place in childhood. Over exposure to the sun's rays causes sunburn. Getting sunburnt as a child leads to a greater risk of skin cancer in later life. It is important that schools take precautions to encourage children to practice sun safe behaviour and to play in the shade when the sun is hottest between 12:00 - 3:00pm.

School Practice

At Newbuildings Primary School we want the children and staff to enjoy the sun safely and we will work with staff, pupils and parents/carers to promote sun safety awareness in the following ways:

Shade:

Teachers will assess where best to place outside activities during the school day to take account of what shade is available at the time. At lunchtimes in extreme heat, children may spend some of their time in the main building, or under the shade of trees to avoid prolonged exposure at the worst time of day.

If the weather is particularly hot the principal may choose to shorten break or lunch time, or provide alternative arrangements e.g. dvd in school hall.

Clothing:

During periods of warm weather a text or newsletter will be sent to parents to remind them of the importance of wearing protective clothing. This should include a sun hat, collared t-shirt and if required, sunglasses.

Sunscreen:

Children are encouraged to apply sun cream before coming to school and to bring their own named bottle. This can then be reapplied by the children, if necessary, during the day. Younger children will be supervised whilst applying sunscreen. School staff should not apply sunscreen to children.

Factor 50+ sunscreen is encouraged by the school and this will be promoted to parents/carers in school newsletters. Children will not be allowed to share sunscreen due to the possible risk of allergies.

Liquids:

Children are encouraged to drink regularly during the day but during extreme hot weather particular care will be taken to remind them of the need to do this.

Education:

Sun awareness and sun safety issues will be addressed in the appropriate curricular areas, particularly the World Around Us, PDMU and PE. Children will be taught sun safety throughout the year. Reminders about sun safety will be given regularly in assemblies during the summer term.

Heat Stroke:

In extremely hot conditions, the body's heat-loss mechanisms may fail. When the atmospheric temperature equals body temperature it becomes impossible for the body to lose heat. High humidity also causes problems, as sweat will not evaporate well. In these circumstances, particularly during strenuous exercise when extra heat is generated by muscular activity, heat exhaustion or the more dangerous condition, heatstroke, may develop. The symptoms of heat exhaustion are as follows:

- headache, dizziness and confusion;
- loss of appetite and nausea;
- sweating, with pale clammy skin;
- cramps in the limbs or abdomen;
- rapid, weakening pulse and breathing.

Once these symptoms are recognised the main aims are to move the casualty to cool surroundings and to replace lost fluid and salt.

- Help the casualty to lie down and raise legs;
- If conscious, help casualty to sip weak salt solution (one teaspoon per litre of water).
- If casualty becomes unconscious, place in recovery position and summon an ambulance.

All staff are familiar with these guidelines and will ensure that they are correctly implemented. Staff will follow protection procedures and will act as role models. We will endeavour to convey a positive message so that children can enjoy outdoor safety by being "sun wise".