

# Connaught Junior School Sun Safety Policy



*"Caring, Confident, Committed"*

Author: KC  
Update Approval: Feb 2023  
Approved By:  
Review: Feb 2024

Rational: Too much exposure to ultraviolet light (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of skin cancer. There is enormous potential for schools to help prevent skin cancer in future generations. 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.
- Students and teachers are at risk of sunburn within 10-15 minutes of being exposed to strong sunlight.
- Students 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.

The main elements of this policy are:

- Partnership: working with parents/carers, governors, our school nurse and the wider community to reinforce awareness about sun safety and promote a healthy school.
- Education: learning about sun safety to increase knowledge and influence behaviour.
- Protection: providing an environment that enables pupils and staff to stay safe in the sun.

## PARTNERSHIP

- Sun safety will be promoted through working with parents, governors and the wider community to improve our understanding and provision to avoid the harmful effects of too much exposure to ultraviolet light (UV).
- Staff should act as positive role models and set a good example by seeking out the shade whenever possible and wearing suitable clothing, hat and sunscreen.
- Relevant professional (school nurses and health promotion officers) will be invited into the school periodically to advise the school on 'sun safety'.

EDUCATION • Annually a special assembly will be dedicated to 'Sun Safety'. This will emphasise the 5 S's of Sun Safety including: SLIP SLOP SLAP - to SLIP ON A T-SHIRT, SLOP ON THE SUNCREEN, SLAP ON A HAT.

- At appropriate times during the year children will be reminded through our assemblies and PSHE lessons about 'How to be Sun Safe'.
- The curriculum for all year groups will include aspects of 'Sun Safety' annually.

Headteacher: Miss S McGann

Deputy Headteacher: Mrs K Saunders

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Surrey, GU20 6PB

*Connaught Junior School, as part of TAMAT, is committed to safeguarding and promoting the welfare of children.*

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- Parents and Guardians will be asked through letters/newsletters to support this policy by encouraging their children to adopt the Slip, Slop, Slap message and act as role models.
- Children will be encouraged to use the shaded areas of the school during playtimes.

## PROTECTION Shade:

- The school playground has shade provided either by the school building, outdoor shelter(s), trees and/or we have temporary structures i.e. gazebos, etc for use on sports days and other outdoor events.
- Children will be encouraged to use the shaded areas of the school during playtimes when appropriate.
- Staff will monitor the amount of time children spend outdoors when UV levels are high and where necessary reduce playtimes and limit time outdoors.

## Clothing:

- The children will be encouraged to wear clothes that provide good sun protection. The children will be encouraged to remove ties and undo top buttons.
- The children will be provided with/supply themselves with legionnaire or bucket style hats to protect their face, ears and back of their neck. The hats will be taken out to all outside activities. Children without hats will be asked to remain in the shade or indoors.
  - Inexpensive sunglasses are permitted.
  - Connaught will keep a bank of spare sun hats for pupil premium children or children that may have forgotten theirs.

## Sunscreen:

- Each pupil will be provided with/supply themselves with sunscreen (minimum SPF 30, with broad spectrum UVA protection) to apply themselves when appropriate and used on or off site for any prolonged outdoor school related activities.

## Drinking Water:

- Children are encouraged to increase their water intake in hot weather and are encouraged to drink water during break times and lunch times. Every child should bring a water bottle to school every day

## Monitoring UV levels:

- SLT will monitor the daily UV Index during warmer months to ensure appropriate sun safety measures are communicated to staff, parents and students and implemented.

## Staff Role modelling

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- All staff will model good sun safety behaviours such as applying sun cream and wearing a sun hat or glasses.
- Connaught are committed to ensuring all staff are actively involved in the implementation of this policy and that they consider UV forecast and sun protection/control measures when planning outdoor activities.

This policy will be reviewed annually in line with the Sun Safety accreditation.

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