

## SUN SAFETY POLICY

**Established June 2026**

Related policies:

PSHE Policy

Safeguarding

At Sele First, we want our pupils, staff, parents and carers to enjoy the sun safely. Educating pupils about the importance of sun safety, including how to reduce the risk of skin damage and understand safe and unsafe exposure to the sun, is part of our Relationships and Health Education (RHE) curriculum and our commitment to safeguarding.

We believe schools have a central role in promoting sun safety because:

- Children are at school five out of seven days a week at times when UV rays are often at their highest.
- Most damage caused by sun exposure occurs during childhood and adolescence.
- Schools can play a significant role in developing safe behaviours through education and positive role modelling.
- Pupils and staff can be at risk of sunburn within 10-15 minutes of exposure to strong sunlight, and most break times are at least this long.
- Pupils spend an average of 1.5 hours outdoors each day, with additional exposure during sports, trips and outdoor learning activities.
- Research shows that sun exposure during the first 15 years of life contributes significantly to the lifetime risk of developing skin cancer.

For these reasons, we work with staff, pupils and families to promote SunSmart behaviour and raise awareness of the risks associated with excessive sun exposure.

### **Aims**

This policy aims to:

- Protect pupils, staff and visitors from the harmful effects of excessive sun exposure.
- Promote positive sun-safe behaviours.
- Ensure that children with allergies, medical conditions or sensitivities receive appropriate support.
- Encourage shared responsibility between school and home for sun protection.

- Provide a safe outdoor environment for learning and play.

## **A SunSmart Curriculum**

We believe that one of the best ways to protect children is to help them take a reasonable level of responsibility for keeping themselves safe.

Our curriculum supports this by ensuring that:

- Sun safety is discussed with all pupils through assemblies each year during the summer term.
- Pupils are encouraged to wear hats, sunglasses (where appropriate), sunscreen and to stay well hydrated during warmer weather.
- Sun safety messages are reinforced through age-appropriate, cross-curricular learning activities.
- Pupils and staff are encouraged to 'Check the UV between 11am and 3pm'.
- Key messages are promoted using our memorable motto:

### **Wrap, Splat and Hat!**

**Wrap-** Children are reminded to cover up with lightweight, loose-fitting clothing when spending longer than 10-15 minutes outdoors.

**Splat-** Children are reminded about the importance of applying sunscreen with a minimum SPF 15 (preferably SPF 30 or above) and drinking plenty of water.

**Hat-** Children are encouraged to wear a wide-brimmed, bucket or legionnaire-style hat for outdoor activities during the summer term to help prevent sunburn and heat-related illness.

## **Supporting Children with Allergies and Medical Needs**

Sele First recognises that some children may have allergies, skin conditions or medical needs that affect their ability to use certain sun protection products or spend time in direct sunlight.

To support these pupils:

- Parents/carers should inform the school of any allergies, sensitivities or medical conditions that may affect sun protection arrangements.
- Information relating to allergies or medical needs will be recorded and shared with relevant staff in accordance with the school's medical needs procedures.
- Children with allergies to sunscreen ingredients will be supported in using alternative products supplied by parents/carers and recommended by healthcare professionals where appropriate.

- Staff will take reasonable steps to ensure that sunscreen products brought into school do not pose a risk to children with known allergies.
- Pupils with conditions such as eczema, photosensitivity, lupus, severe heat intolerance or other medical needs will be supported through individual risk assessments or healthcare plans where required.
- Alternative arrangements, including additional shade, reduced exposure to direct sunlight, indoor alternatives or additional hydration opportunities, will be provided where necessary.
- Staff will be aware of emergency procedures for pupils who may experience allergic reactions or medical issues related to heat or sun exposure.

## **Risk Reduction Measures**

### **Shade**

- Children are encouraged to sit and play in shaded areas during hot weather.
- Staff will encourage children to seek shade if they appear overheated or have spent extended periods in direct sunlight.
- Natural and man-made shaded areas are available throughout the school grounds.
- The availability of shade will be considered when planning outdoor activities, sports events and educational visits.

### **Indoor Alternatives**

- During periods of extreme heat, high UV levels or other adverse weather conditions, staff may reduce the amount of time children spend outdoors.
- Indoor play opportunities may be provided during break and lunch times when appropriate.

### **Access to Water**

- Children are encouraged to bring clearly labelled water bottles to school.
- Water bottles should be readily available throughout the day, particularly during warm weather, physical activity and educational visits.
- Staff will remind pupils to drink water regularly to prevent dehydration.

### **Sunscreen**

- Parents/carers are encouraged to apply sunscreen before school on sunny days.
- Children may bring sunscreen to school for reapplication during the day.
- Staff will remind children to reapply sunscreen before extended outdoor activities where appropriate.

- Younger children may be supervised when applying their own sunscreen; however, staff will not routinely apply sunscreen unless specific arrangements have been agreed in line with school procedures and parental consent requirements.

### **Protective Clothing**

- Pupils are encouraged to wear hats during outdoor activities in sunny weather.
- Lightweight clothing that covers shoulders and provides protection from the sun is recommended where possible.
- Sunglasses that meet appropriate safety standards may be worn with parental permission.

### **Educational Visits and Outdoor Activities**

When planning educational visits, sports days and outdoor learning activities, staff will:

- Check weather forecasts and UV levels where appropriate.
- Ensure access to shade and drinking water.
- Schedule activities to minimise prolonged exposure during peak UV periods where possible.
- Consider the needs of pupils with allergies, medical conditions and additional vulnerabilities.
- Remind pupils about the importance of sunscreen, hats and hydration.

### **Role Modelling**

Members of staff are encouraged to act as positive role models by:

- Wearing protective hats and suitable clothing when outdoors.
- Applying sunscreen with a minimum SPF 15 (preferably SPF 30 or above).
- Seeking shade whenever possible and appropriate.
- Drinking water regularly and demonstrating healthy hydration habits.
- Reinforcing SunSmart messages with pupils.

### **Partnership with Parents and Carers**

Parents and carers play a vital role in helping children stay safe in the sun. We ask families to:

- Apply sunscreen before school on sunny days.
- Provide an appropriate sun hat and labelled water bottle.

- Inform the school of any allergies, sensitivities or medical conditions that may affect sun protection arrangements.
- Ensure any sunscreen brought into school is clearly labelled, suitable for their child's needs and does not contain any nuts.

### **Monitoring and Review**

This policy will be reviewed regularly to ensure that it remains effective, reflects current guidance and continues to meet the needs of all pupils, including those with allergies and medical conditions.

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| Established: June 2026 |
| Review: May 2027       |