



# Benhurst Primary School

## Sun Safe Guidance

*'Only my best is good enough for me'*



**Implemented:** July 2023

**Review Date:** April 2024

### Introduction and Rationale

At Benhurst Primary School, we acknowledge the importance of sun protection and want pupils and adults to enjoy the sun safely.

Sun exposure in the first 15 years of life can contribute significantly to the lifetime risk of skin cancer. Schools are in important position to help protect children's skin 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.
- Children and teachers are at risk of sunburn within 10-15 minutes of being exposed to strong sunlight.
- Children spend an average of 1.25 hours outside per school day - more, if involved in sports and outdoor activities.
- The development of skin cancer in later years is largely preventable through behaviour modification and sun protection during early years.

### Sun Protective Measures

The school will undertake the following measures to ensure sufficient sun protection for children and staff:

#### **Clothing**

- Children and staff are encouraged to wear protective clothing during the summer term. School uniform is made from fabrics with a close weave, and includes polo shirts, short sleeved dresses and shorts. PE kit includes the requirement for t-shirts to be worn.
- Children are encouraged to wear hats when they are outside in hot, sunny weather. (Wide - brimmed hats that protect their face, neck and ears are preferable.
- Sunglasses are permitted and encouraged.

#### **Sunscreen**

- Covering up and seeking shade are the most important sun protection measures. In addition, sunscreen can provide protection to exposed skin. However, sunscreen should not be used to increase the amount of time spent in the sun.
- Pupils are encouraged to apply sunscreen before school starts - SPF 30 or above is recommended
- Sunscreen cannot be applied by pupils or school adults during the school day however we encourage the use of once-a-day sunscreens.

- Parents/Carers may attend school during the school day to top - up their child's sunscreen if they wish.

### **Shade**

- Benhurst Primary School ensures that there are sufficient areas of shelter and tree cover to provide shade in the school grounds, particularly in areas where pupils congregate.
- In consultation with the Department for Education and Local Authority, shade provision will be considered in plans for future building work plans
- The availability of shade is a consideration when planning excursions and outdoor activities, as part of the risk assessment process.
- Children are encouraged to make use of available shaded areas when outside
- On particularly warm and sunny days, the children may have limited time outside particularly during the hours of 11am and 3pm.

### **Other Measures**

- Children will be encouraged to drink lots of water throughout the day. Children can re-fill their water bottles in the classrooms.
- Sun Safety is also promoted through whole school assembly and PSHE lessons.

### **The role of adults at Benhurst Primary School**

Adults within Benhurst Primary School are encouraged to act as role models for sun safety by:

- Wearing protective hats, clothing and sunglasses when outside with children.
- Applying SPF 30+ sunscreen
- Seeking shade wherever possible
- Families and visitors are encouraged to use a combination of these sun protection measures when attending and participating in outdoor activities.
- Where possible, outdoor activities will be scheduled before 11am or after 3pm.
- Encourage parents to support the school by acting as role models and providing protection for their children.
- Maintaining a positive approach to sun protection strategies to be fun, involve everyone, and provide choices.

