



St. John's School Sun Protection Policy

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. 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.

At St. John's School we want staff and pupils to enjoy the sun safely. We will work with staff, pupils and parents to achieve this through:

PARTNERSHIP

- Working with parents/carers, our school nurse and the wider community to reinforce awareness about sun safety, promote a healthy school 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.
- The School nurses and health promotion officers will be invited into the school periodically to advise the school on 'sun safety'.

EDUCATION

- Talking about how to be SunSmart in assemblies at the start of the summer term.
- Parents and guardians will be sent a letter explaining the school's policy on sun protection and how they can help support it by encouraging their children to adopt the Slip, Slop, Slap message and act as role models.
- 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 SUNSCREEN, SLAP ON A HAT.
- At appropriate times during the year children will be reminded through our assemblies about 'How to be Sun Safe'.
- The curriculum for all year groups will include aspects of 'Sun Safety'.
- Parents and Guardians will be asked through letters/newsletters to support this policy.
- Children will be encouraged to use the shaded areas of the school during playtimes.

PROTECTION

- The school has areas of shade in the playground, by the adventure playground, in the Nature Trail and in the Sensory Garden, along with umbrellas which the children are encouraged to use.
- There are awnings that cover the large outdoor areas for FS / KS1.
- The school expects all children to come to school wearing a high factor, 'once a day application' sunscreen, during sunny weather (minimum SPF 30, 4 star UVA). This may be re-applied under the supervision of staff when necessary.
- If children are on a residential or whole day visit, we'd encourage parents to provide 'once a day application' (**minimum SPF 30, 4 star UVA**) sunscreen for their child. This may be re-applied under the supervision of staff when necessary. We ask that parents inform the school if their child suffers from any allergies associated with sunscreen and supply an alternative.
- We ask parents to provide a suitable legionnaire or bucket style, named sun hat to protect their face, ears and back of their neck. It will be kept on their peg, for their child to wear on sunny days at school between March and the end of September. Children, who do not wear a hat when it is sunny, will be asked to remain sitting in the shade, at playtime, during PE, or when taking part in an outdoor learning session.
- If children are on a day or residential visit, or involved in outdoor learning or sports, we ask that parents pack and children wear, suitable loose clothing that covers the arms and shoulders. We ask that no vests or clothing where shoulders are exposed, is worn during strong sunny periods.

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.

This policy was developed with the help of staff, pupils and parents in May 2019 to safeguard our children's health.