



South Gloucestershire Council

## Longwell Green Primary School

### Sun Safety

*"Inspiring learning."*

#### Introduction

At Longwell Green Primary School we are constantly striving for excellence in all that we do by setting high expectations and working together as a community to provide a happy, secure and stimulating environment in which children are safeguarded, protected from harm and neglect and feel safe and secure at all times. Part of our care for pupils is to ensure that they are safe from environmental dangers, including the negative impacts of sun.

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 aim of this sun safety document is to protect children and staff from skin damage caused by the effects of ultraviolet radiation from the sun. The outcome of this health promotion programme will be more successful when an integrated whole school approach is adopted and we ask that all stakeholders support the principles and procedures to ensure the best outcomes.

The main elements of this document are:

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

The document is consistent with guidance from Public Health England, NHS and cancer research UK.

## **Longwell Green School believes in Sun Safety**

We strive to ensure all pupils and staff are protected from skin damage caused by the harmful ultra-violet rays in sunlight and the impact of heat on the body.

As part of our approach to Sun Safety, Longwell Green will:

- Educate children throughout the curriculum about the potential dangers of the sun and how to protect their skin;
- Encourage children to wear clothes that provide good sun protection.
- Hold outdoor activities in areas of shade whenever possible, and encourage children to use shady areas during breaks, lunch-hours, sports and trips. Sunbathing is discouraged.
- Review and continue to have provision of adequate shade for everybody.
- Encourage staff and parents to act as good role models by practicing sun safety.
- Remind pupils, staff and parents about sun safety through a range of means including newsletters and activities for pupils.
- When appropriate, we may invite relevant professional (school nurses and health promotion officers) to advise the school on sun safety.
- Make sure the Sun Safety guidance is working. We will regularly monitor our curriculum, assess shade provision, and review the sun safety behaviour of our young people and staff (use of hats, shade etc).

## **How Longwell Green helps to manage and mitigate the impact of the sun and of hot weather**

- Pupils are encouraged to wear hats when outside in full sun.
- Pupils should wear sun cream (see below).
- Teachers should make a judgement as to the temperature of classrooms and make arrangements to make the environment as safe and comfortable as can be, or make alternative location arrangements where possible.
- Where possible, all doors and windows should be opened to provide a through breeze & class room blinds should be drawn.
- Teachers encourage pupils to drink water and ensure there are regular breaks for them to do so.
- Physical education lessons should be carefully planned to avoid sun exposure, unnecessary exertion and dehydration. In *extreme weather*, outdoor PE lessons may be cancelled and if the teacher makes the decision not to do so, such lessons should not last for more than 20 minutes when children should be brought indoors, given time to rest and drink water.
- Staff must also ensure they drink water regularly and take precautions against the high temperatures.
- Sports' Day will be determined by preceding days' climate. Such events may be modified or cancelled if school feels it may be harmful to pupils and / or adults to continue.

- Pupils with Asthma, breathing difficulties or other relevant health conditions should avoid physical activities in such extreme weather.
- Parents/carers and children are encouraged to follow these procedures at home.

## **Heatstroke**

In rare cases, extreme heat can cause heatstroke / heat exhaustion.

The NHS guidance is as follows.

The signs of heat exhaustion include:

- headache
- dizziness and confusion
- loss of appetite and feeling sick
- excessive sweating and pale, clammy skin
- cramps in the arms, legs and stomach
- fast breathing or pulse
- temperature of 38C or above
- being very thirsty

The symptoms are often the same in adults and children, although children may become floppy and sleepy. If someone is showing signs of heat exhaustion they need to be cooled down.

## **Things you can do to cool someone down**

Follow these 4 steps:

1/ Move them to a cool place.

2/ Get them to lie down and raise their feet slightly.

3/ Get them to drink plenty. Water is preferable, fruit juice is a viable alternative. Sports or rehydration drinks will also work.

4/ Cool their skin – spray or sponge them with cool water and fan them. Cold packs around the armpits or neck are good too.

Stay with them until they are better.

They should start to cool down and feel better within 30 minutes.

## **Call 999 if the person:**

is no better after 30 minutes,

feels hot and dry,

is not sweating even though they are too hot,

has a temperature that's risen to 40C or above,

has rapid or shortness of breath,

is confused,

has a fit (seizure),

loses consciousness,

is unresponsive.

While waiting for medical response, if possible, move the person somewhere cooler.

Increase ventilation by opening windows or using a fan.

Cool them down as quickly as possible by loosening their clothes, sprinkling them with cold water or wrapping them in a damp sheet.

If they are conscious, give them water or fruit juice to drink.

Do not give them aspirin or paracetamol.

If a child is suspected of being impaired or unwell through overheating, as with any potentially serious school medical need school will continue to administer medical support, where appropriate will seek medical advice (for example through contacting 999 or 111) and parents / carers will be contacted.

### **The role of school staff**

- To encourage parents to provide pupils with their own sun cream for use on sunny days.
- Encourage parents to provide a sunscreen of SPF 15 or greater.
- Allow time during school for the application of sun cream, by the children.
- Encourage parents to ensure that their children have appropriate cover up clothing such as hats and T shirts.
- When appropriate, add the use of sun cream reminders to letters for outdoor trips and events.
- Incorporate age appropriate sun safety messages PHSE lessons and in general discussions with pupils.
- At times in the year, send information on sun safety in school newsletter home to parents.
- Provide shade in the playground and encourage children to use these shaded areas.
- Encourage pupils without cover up clothing to stay in the shade.
- Encourage staff and pupils to be role models for younger pupils.

### **The role of parents and carers**

- Parents and carers are asked to support and encourage the school sun safety policy.
- To apply appropriate SPF of 15 or greater sunscreen prior to attending school.
- To provide appropriate sunscreen for their child to use themselves before play times and school trips.
- To teach children how to apply sun cream sensibly and safely.
- Parents and carers are asked to set good examples by adopting safe sun habits.

Further information can be found here:

<https://www.nhs.uk/live-well/healthy-body/sunscreen-and-sun-safety/>

<https://www.nhs.uk/live-well/healthy-body/heatwave-how-to-cope-in-hot-weather/>

<https://www.nhs.uk/conditions/heat-exhaustion-heatstroke/>

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/801539/Heatwave\\_plan\\_for\\_England\\_2019.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/801539/Heatwave_plan_for_England_2019.pdf)

<https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/sun-uv-and-cancer>