



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. 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.

Adopt sun protection strategies.

Encourage students and staff to wear protective clothing during summer term

- **School Clothing** is made of close weave fabric and includes shirts with collars and longer sleeves, longer style dresses and shorts. Sports clothes should not include vest style tops.
- **Hats** children are required to wear wide brimmed hats (6-10cm) that protect their face, neck and ears such as legionnaire or bucked hats, when they are outside.

Sun Policy

Covering up and seeking shade are the most important sun protection measures. In addition, sunscreen can provide protection to exposed skin and should be applied at home before coming to school. However sunscreen should not be used to increase the amount of time spent in the sun.

Shade

- The school makes sure there is sufficient number of shelters and trees providing shade in the school grounds particularly in areas where students congregate.
- In consultation with the education department, shade provision is considered in plans for future buildings and grounds.
- The availability of shade is considered when planning excursions and all outdoor activities.
- Children are encouraged to make use of available shaded areas when outside.
- Support recommendations to seek shade during breaks and dinner hour.
- Provide permanent or temporary shady structures within school grounds.

Involve staff, students and parents in the development and implementation of the policy

Role modelling

- Encourage staff to act as role models by;

Wearing protective hats, clothing when outside.

Apply SPF 15+ broad spectrum, water resistant sunscreen.

Seeking shade whenever possible.

- Families and visitors are encouraged to use a combination of these sun protection measures when attending and participating in outdoor activities.
- Schedule outdoor activities before 11am or after 3pm.
- Encourage parents to support the school by acting as role models and providing protection for their children.
- Be positive in your approach. Allow sun protection strategies to be fun, involve everyone, and provide choices.
- Encourage fund raising events for materials and shady structures.

Sun Policy Reviewing and evaluating the policy

- Review current health education guidelines annually.
- Conduct small surveys in school, e.g. attitudes and behaviours towards sunshine, level of knowledge of sun protection strategies, number of teachers/students sunbathing /using shaded areas during lunchtime.
- Incorporate into curriculum.

Review date of sun protection policy **April/May 2024**