

## Sun Safe Policy

### Introduction

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 all schools to help prevent skin cancer in future generations. Schools are central to protecting children's skin this is because:

- Children are at Tenbury Primary Academy 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 behaviour 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 Main Elements of the Tenbury CE Primary Academy Sun Safe Policy are:

- **Partnership:** working with parents/carers, Governors, and the wider community to reinforce awareness about sun safety and promote a healthy school;
- **Education:** learning about sun safety to increase knowledge and influence behaviour;
- **Protection:** providing an environment that enables pupils and staff to stay safe in the sun.

### Partnership

1. Sun safety will be promoted through working with parents, governors and the wider community to improve our understanding and provision to avoid the harmful effects of too much exposure to UV light.
2. Staff should act as positive role models and set a good example by seeking out the shade whenever possible and wearing sunscreen.
3. Relevant professional (school nurses and health promotion officers) will be invited into the school periodically to advise the school on 'sun safety'.

### Education

1. At appropriate times during the year children will be reminded through our assemblies about 'How to be Sun Safe'. This will emphasise the 3 S's of Sun Safety including: SLIP SLOP SLAP - to SLIP ON A T-SHIRT, SLOP ON THE SUNSCREEN, SLAP ON A HAT.
2. The curriculum for all year groups will include aspects of 'Sun Safety' annually.
3. Parents and Guardians will be asked through letters/newsletters to support this policy by encouraging their children to adopt the Slip, Slop, Slap message and act as role models.
4. Children will be encouraged to use the shaded areas of the school during playtimes, whenever possible.
5. Depending on the weather forecast, the School will look to organise outdoor events i.e. Sports Day with reducing exposure to UV in mind, at times to minimise exposure to higher levels of UV light.

## Protection

### Shade:

1. The school grounds have shaded areas provided either by the school building, trees or other structures. We may also use temporary structures e.g. gazebos, etc. for use at outdoor events.
2. Children will be encouraged to use the shaded areas of the school during playtimes when appropriate.

### Clothing:

1. The children will be encouraged to wear legionnaire or bucket style hats to protect their face, ears and back of their neck.
2. The hats should be named and must be available in school when necessary – parents will be sent reminders via our weekly newsletter and text messaging service.
3. If a pupil does not have a hat, they will be asked to stay in the shade.

## Sunscreen:

Parents will be encouraged to use 'all day' sunscreen lotions for their children (minimum SPF 30, 4 star UVA) which they could apply before their child attends school each morning.

If this is not possible, sun screen must be applied before school and then each pupil should bring in sunscreen (minimum SPF 30, 4 star UVA) to apply themselves when appropriate and used on or off site for any prolonged outdoor school related activities. This should be clearly labelled and for use only by that child.

If a child is physically unable to apply sunscreen, parents will need to write a letter giving consent for it to be applied by a member of staff.

Teachers and other staff members are not encouraged, and cannot be required, to apply sunscreen to pupils, due to the potential for allegations of abuse.

Where a teacher or other staff member agrees to apply sunscreen to pupils, such as to our youngest pupils or to a pupil with SEN, an adult witness should be present and parental consent must be obtained beforehand.

Teachers and other staff members will only apply sunscreen to pupils' faces, necks and arms.

## 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, which can be re-filled when needed.

Reviewed by Governors: May 2026

Next review due: May 2028