

Blackfen School for Girls



Sun Protection Policy

Head Teacher: Mr M Brown

Chair of Governors: Mr S Fitz-Gerald

	Date	Name	Signature
Policy Date	January 2024		
Review Date	January 2025		
Review Period	Annually		
Lead Person	Head Teacher	Matthew Brown	
Prepared by	Head Teacher	Matthew Brown	
Approved by	Chair of Governors	Stuart Fitz-Gerald	

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Statutory statement

This is not a statutory policy. This policy is produced with reference to Government guidance – Looking after children and those in early years settings during heatwaves: for teachers and professionals – updated July 2023 and Cancer Research UK – Sun protection policy guidelines for secondary schools. The policy was originally produced working with a parent who has discussed the policy with a health visitor and a paediatric nurse. The school's nursing service has also been consulted. Reference has also been made to the world health organisation – sun protection in schools.

Rationale

Pupils should know about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. (Page 34 DfE RSE and health education statutory guidance – updated September 2021).

“Schools are an excellent place to teach healthy behaviours that can prevent overexposure to UV radiation” – Sun protection and schools – World Health Organisation.

Blackfen school acknowledges the importance of sun protection throughout the year. We want to ensure that students and staff enjoy the sun safely. If sensible precautions are taken students are unlikely to be adversely affected by hot conditions, however all staff and parents/carers should look out for signs of heat stress, heat exhaustion and heatstroke. This policy is an important step towards encouraging good health in line with national priorities for the health of young people.

Why is sun protection important for young people?

The number of cases of skin cancer is rising at an increasing rate. Most of these cases could be prevented through improved protection from the sun. Protection is particularly important for young people whose skin is more delicate and more easily damaged.

Outcomes

- Provide an environment that enables students and staff to stay safe in the sun – protection.
- Ensure that all students learn about sun safety to increase knowledge and influence behaviour-education.
- Ensure that parents/carers and the wider community reinforce awareness about sun safety – collaboration.

Key roles and responsibilities

Governing Body

- Ensure that the policy is developed and implemented.

Head Teacher

- Ensure that the policy is developed and effectively implemented with partners.
- Make all staff aware of the policy and understand their role in implementation.
- Ensure parents and students are aware of the policy.

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Teachers/School staff

- Ensure all students are educated in the importance of sun safety both in and out of the school.
- Encourage and remind students to drink water regularly, to apply sun screen and to wear a hat in hot weather.
- Remind and, where necessary instruct, students to sit in the shade to avoid the sun.
- Provide alternative arrangements to any activity planned outside in high temperatures.
- Be role models in terms of sun protection and sun safety.
- Recognise warning signs (see appendices).
- Refer to a first aider or the medical room any student who is suffering as a result of the heat.

Parents/Carers

- Work with the school by ensuring that students are prepared for sunny conditions while in school.
- Supply suitable sun screen for their daughter's/son's skin type and a water bottle for use in high temperatures.
- Read through and explain the sun protection policy and the importance of protecting skin from the sun.

Students

- Are responsible for bringing in a water bottle, sun screen (this should be in liquid form and should not be a spray) and a hat in hot weather.
- Are expected to apply sun screen as necessary during the day.
- Must drink regularly to prevent dehydration.
- Must avoid full sun and sit in shaded areas during break times in high temperatures.
- Must support the teacher's decision when changing an outside activity due to extreme temperatures.

Procedures

Lunchtime supervision. At lunchtime areas of shade are available on the school field. Lunchtime supervisors and senior staff direct students to sit in the shade during sunny weather.

At lunchtime during sunny weather rooms are set aside for students to use to keep out of the sun.

Sun canopies and shelters are provided in some of the outdoor spaces in the school.

A letter is written to all parents/carers in the spring term reminding them of the importance of sun protection and coping with excessive heat.

All students receive a sun protection assembly during the year. It is also part of the 6th form tutor programme.

Students are encouraged to bring water to school and to keep hydrated during the day. There is access to clean drinking water in school to refill bottles.

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Students are encouraged to apply sunscreen before coming to school or to bring sunscreen to school to use during the day. This should be at least factor 15 with UVA protection. Students should cover up where necessary and should bring a hat to school if necessary.

Sunscreen use is encouraged on school trips. This is notified in a letter to parents/carers.

During excessive sunny weather PE lessons will be conducted either in the shade or indoors between the hours of 11.30 and 2.30.

Useful links

Sun Safety

The Teenage Cancer Trust found that nearly two-thirds (61%) of young people aged 13-24 have avoided using sunscreen in order to get a better tan. As the weather gets hotter in the UK, we need to be more knowledgeable about keeping safe in the sun than ever before.

The damage done to young skin can lead to skin cancer developing in later life, so it's vital to help young people protect themselves in the sun.

Teenage Cancer Trust Resources

<https://www.teenagecancertrust.org/support-us/spread-word/shunburn-stay-safe-sun>

Sun safety in schools

<https://www.sunsafeschools.co.uk/education/>

Tips for Staying Safe in the Sun (CBeebies)

<https://www.bbc.co.uk/cbeebies/watch/sun-safety-for-kids>

Sun safety in schools (Skcin)

<http://www.skcin.org/sunSafetyAndPrevention/sunSafetyInSchools.htm>

Cancer research

www.sunsmart.org.uk (see hashtag #OwnYourTone) – explains there is no such thing as a safe tan.

Cancer research – ways to enjoy the sun safely – November 2023

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

Government guidance – May 2023

Hot weather and health

<https://www.gov.uk/government/publications/heatwave-plan-for-england/looking-after-children-and-those-in-early-years-settings-during-heatwaves-for-teachers-and-professionals>

NHS – Sunscreen and sun safety – December 2022

www.nhs.uk/live-well/healthy-body/sunscreen-and-sun-safety/

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Appendix 1 – Know the signs – Heat stress

Young people suffering from heat stress may seem out of character, or show signs of discomfort and irritability. These signs will worsen with physical activity and if left untreated can lead to heat exhaustion or heatstroke.

Appendix 2 – Know the signs – Heat exhaustion

Symptoms of heat exhaustion vary but include one or more of the following – tiredness, dizziness, headache, nausea, vomiting, hot, red and dry skin or confusion.

Appendix 3 – Know the signs – Heatstroke

When the body is exposed to very high temperatures, the mechanism that controls body temperature may stop working. Heatstroke can develop if heat stress or heat exhaustion is left untreated, but it can also occur suddenly and without warning.

Symptoms of heatstroke may include – high body temperature, red, hot skin and sweating that then suddenly stops, a fast heartbeat, fast shallow breathing, confusion/lack of co-ordination, fits or loss of consciousness.