

# The Rydal Academy

## Sun Protection Policy

**Accepted by:** The Rydal Academy LGB November 2020

**Approving Body:** Local Governing Body

**Committee:** LGB

**Review Cycle:** 2 years

**Last reviewed:** April 2023

**Date for next review:** April 2025

### Introduction

At The Rydal Academy we want staff and pupils to enjoy the sun safely and will work with staff, pupils and parents to achieve this.

In the UK, the sun's ultraviolet rays are the strongest between 11am and 3pm from mid-March to mid-October (source: cancer research UK). During this time, the sun may be strong enough to cause damage. By encouraging sun safe behaviour at school and teaching children about the risks of sunlight we hope we can prevent them from burning and contribute towards prevention of skin damage caused by the harmful ultra-violet rays from the sun.

### Education

Under the new PHSE (Health and Prevention) curriculum, primary schools must now teach pupils about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. School will have a focus assembly each year on 'how to be sun safe' and parents and carers will be sent information explaining what the school is doing about sun protection and how they can help.

### Protection

To enable protection of our pupils we have the following in place:

- Shaded areas on the playground provided by the school building
- Shaded areas on the school field provided by trees
- Children will be encouraged to wear T-shirts with sleeves during PE rather than vest tops
- Children will be encouraged to wear hats/caps and sunglasses during playtimes in sunny weather
- Children will be encouraged to apply sunscreen liberally frequently throughout the school day
- School will monitor the length of time outdoors
- School will encourage pupils to access to water
- We will work towards providing additional shaded areas for pupils in the playgrounds

### Sunscreen

Parents and carers will be encouraged to ensure that their children are protected by long lasting (of at least 4-star UVA protection, factor 30) sunscreen each day before they arrive at school and are protected by appropriate clothing and sunglasses as mentioned above. The sunscreen needs to be free from nut products to protect those children with allergies. NICE guidance indicates 'sunscreen preparations may cause contact dermatitis as a result of an allergy to one of its ingredients', therefore, The Rydal Academy suggests pupils should only be provided with sunscreen that has been used previously without issue.

### Application of sunscreen

Older children will be encouraged to self-manage application of sunscreen. In some circumstances, sunscreen will be applied to the pupil when consent has been given by parents, if it is deemed appropriate to do so, due to age/stage of the child.

### **NHS advice**

If sunscreen is applied too thinly, the amount of protection it gives is reduced so sunscreen needs to be reapplied liberally and frequently. Sunscreen should be applied to all exposed skin, including the face, neck and ears.

### **Application of sunscreen**

Where this is required, application will be conducted in line with the school's Intimate Care Policy.

## **Appendix 1**

### ***Information to be shared summer term***

The new version of the DfE's statutory safeguarding guidance came into force in September 2020. Under the new PHSE (Health and Prevention) curriculum, primary schools must now teach pupils about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. The sun's rays are particularly strong over the summer and they can damage children's skin. This may not seem like a problem right now, but sadly it can lead to skin cancer in later life.

Your child's health and well-being are very important to us, which is why we have decided to:

- have one focus assembly on sun safety during the year
- provide more shade in the playground (dependent on finance)
- encourage pupils to wear hats and t-shirts when outside
- suggest pupils use at least factor 30+ long lasting sunscreen in summer months

Your support is very important. You can help by:

- talking to your child about the importance of sun protection
- sending your child to school with a wide brimmed hat or cap
- applying long-lasting high protection sunscreen to your child/ren before school

School is committed to providing a safe place where children can play outside and be protected from skin damage caused by the harmful ultra-violet rays from the sun. To allow us to continue providing safe outdoor play will you please refer to our [Sun Protection Policy](#).