



## **HRB Sun Safety Policy**

**Head Teacher: Mrs Dyche**

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## **Holy Rosary Catholic Voluntary Academy**

**“Building Loving Hearts and Strong Minds in Union with God and Each Other”**

### **Introduction**

At Holy Rosary Catholic Voluntary Academy we hope staff and pupils will enjoy the sun safely whilst respecting the need to protect against its potentially harmful effects. As part of the Sun Safety Policy our school will work with staff, pupils and parents to achieve this through education, offering protection and timetabling adjustments.

### **Aim**

The aim of this sun safety policy is to educate children and staff at Holy Rosary Catholic Voluntary Academy about the skin damage caused by the harmful effects of ultraviolet radiation from the sun.

The main elements of this policy are:

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

## **Holy Rosary Catholic Voluntary Academy believes in Sun Safety**

To ensure that children and staff are protected from skin damage caused by the harmful ultra-violet rays in sunlight.

As part of the Sun Safety Policy, our school will:

- Educate children throughout the curriculum about the causes of skin cancer and how to protect their skin.
- Encourage children to wear loose-fitting clothes that provide good sun protection.
- Encourage children to keep out of the sun between 11.00 am and 3.00 pm.
- Hold outdoor activities in areas of shade whenever possible, where trees offer natural shade and encourage children to use these shady areas during breaks and games lessons.
- Encourage staff to find shady areas for children when out of school on visits and trips.
- Work towards increasing the provision of adequate shade for everybody.
- Encourage staff and parents to act as good role models by practicing sun safety and ensuring they supply a proper sun hat/cap.
- Regularly remind children, staff and parents about sun safety through newsletters, posters, parents' meetings, and activities for pupils.
- Invite relevant professionals (school nurses and health promotion officers) to advise the school on sun safety.
- Make sure the Sun Safety Policy is working in practice by regularly monitoring our curriculum, access to shade, and review the sun safety behaviour of our children and staff through the use of hats, sun cream, seeking out shade etc.

## **Suggestions to help cope with hot weather**

- Pupils to wear appropriate caps and hats (eg. with extra neck coverage) when outside.
- Pupils encouraged to apply factor 30+ sun cream, regardless of ethnicity; hair or skin colour which needs to be applied before school by parents or carers and so should be long-lasting.
- Teachers should make a judgement as to the temperature of classrooms and make internal arrangements to each in cooler areas where possible.

- Teachers should encourage pupils to drink water and ensure there are regular breaks for them to do so as well as being able to refill their bottles if needed. In line with the Nutritional Standards policy, we recommend a named bottle with sports cap, filled daily with still water.
- Where possible, all doors and windows should be opened to provide a through breeze and classroom blinds should be drawn.
- Turn off non-essential lights and electrical equipment – they generate heat.
- Physical education lessons should be carefully planned to avoid undue or lengthy sun exposure, unnecessary exertion and dehydration. In extreme weather, outdoor PE lessons should not last for more than 20-30 minutes when children should be brought indoors, given time to rest and drink water.
- Sports' Day will be determined by the preceding days' climate. Again children spectating should not do so for more than 20 minutes at a time if unable to access sufficient shade.
- Pupils with asthma, breathing difficulties or other relevant health conditions should avoid excessive physical exertion. Staff must be aware of children who have a low tolerance to hot/humid conditions.
- Education will be provided to encourage parents/carers and pupils to follow these procedures at home.
- Staff must also ensure they drink water regularly and take precautions against the effects of high temperatures and over-exposure to the sun.
- Office staff to keep medicines below 25° or in the refrigerator where storage instructions indicate this is a necessity.

In rare cases, extreme heat or sun can cause sunstroke.

Heatstroke, symptoms to look out for include:

- Cramp in arms, legs or stomach; feeling of mild confusion or weakness.
- If anyone has these symptoms, they should rest for several hours, keep cool and drink water or fruit juice.
- If symptoms get worse or do not go away medical advice should be sought. NHS Direct is available on 111.

If you suspect a member of staff or pupil has become seriously ill, call an ambulance. Inform the school office a senior member of staff. If possible enlist the help of a member of staff who is a qualified first aider. Whilst waiting for an ambulance:

- 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 aspirin, or paracetamol.

Further information:

Check the weather forecast and any high temperature warnings at: [www.metoffice.gov.uk](http://www.metoffice.gov.uk)

For further information about how to protect your health during a heat wave visit NHS Choices at: [www.nhs.uk/summerhealth](http://www.nhs.uk/summerhealth)

Advice on ways to minimise ultraviolet ray induced skin and eye damage can be found at [https://hpa.org.uk/topics/radiation/understandingradiation/information sheets/info\\_sunseposter/](https://hpa.org.uk/topics/radiation/understandingradiation/information sheets/info_sunseposter/)

Cancer Research UK SunSmart policy

<https://www.sunsmart.org.uk/schools/schools-and-sun-protection>