

Ouston Primary School

Sun Safety Policy



Review Date – Summer Term 2026

Next Review Date – Summer Term 2027

1.Introduction

At Ouston Primary School we want staff and pupils to enjoy the sun safely. We will achieve this by raising awareness of the benefits as well as the potential dangers of being in the sun, and by taking steps to mitigate the dangers.

2. Benefits of being in the sun

Some exposure to the sun is positive. Sunlight is essential for human health and well-being. The sun's rays lead to the production of vitamin D, a nutrient essential for human health.

3. Dangers of too much/too intense exposure

Too much exposure to ultraviolet (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Schools play an important part in protecting children's skin, because:

- Children are at school 5/7 days of the week and at times when the UV rays are high
- Most damage due to sun exposure occurs during school years
- Schools can play a significant role in changing behaviours through role modelling and education
- Skin cancer is largely preventable through education, behaviour modification and sun protection during early years.

4. Teaching pupils about sun exposure

- All pupils will have at least one assembly/sun smart session per year.
- All pupils will receive reminders in class prior to taking part in activities and playtimes outdoors.

5. Messages to parents/carers

- Parents and carers will receive reminders about sun protection at the beginning of the summer term or during periods of sunny, hot weather. This will be through Class Dojo and school email.

6. Protection

- Children will be encouraged to sit in shadier areas in the playground and on the field.
- Should there be periods of extended hot, sunny weather, children will go outside to play over lunchtime for a limited period only. In extreme weather, children will be brought indoors.
- Children will be encouraged to bring sun hats to school to wear at playtimes, during visits and during any outdoor activities. Children may also bring sunglasses to wear outdoors on bright days.
- Children will be reminded to drink water and keep water bottles topped up.

- Children will be reminded that vest tops are not to be worn for PE lessons – t-shirts should be worn with sleeves which cover the shoulders.

- Use of Sun Screen

- Parents and carers are encouraged to apply sun screen to children before they come to school on hot, sunny days. This should be a minimum of SPF 30, ideally higher.
- Parents and carers should teach their children how to apply sun screen themselves.
- Children will be encouraged to re-apply sun screen themselves prior to going outside for playtimes and lunchtimes. Staff will supervise this, depending upon the age and ability of the children.
- Parents/carers should ensure their child's sunscreen bottle has their name on.
- Sunscreen bottles should be handed over to the class teacher and must not be kept in pupil's bags.
- EYFS pupils or pupils with SEND who find it difficult to apply sunscreen will be supported by staff members to apply this. **Parents/carers in these cases should send in a note with the labelled sunscreen bottle requesting this support.**

7. Collaboration

- The school will aim to work with parents, carers and the wider community to reinforce awareness about sun safety and promote a healthy school.

- This policy has been developed using the Cancer Research UK Sun Smart Guidelines for Primary Schools. See the link below for more details

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

NEU Guidance

The sun safety policy should promote the self-administration of sunscreen by pupils. Most children, apart from the very youngest and those with special needs, will be able to do so under supervision. Parents should be asked to provide suitable sunscreen for their children and be labelled with the pupil's name. Schools may consider keeping additional sunscreen on site for pupils who forget theirs.

The policy should recognise that teachers and other school staff should not be required to apply sunscreen to pupils where it is not in their contract of employment. The NEU advises members not to apply sunscreen to pupils, mainly because of the potential for allegations of abuse but also because allergies to certain sun creams can make the situation more complicated.

The policy should, however, address the potential for allegations of abuse being made against teachers and other staff who have agreed to apply sunscreen. If schools decide to allow staff to apply sunscreen to pupils, parental consent should be obtained. Teachers and other staff who do wish to do so should only apply sunscreen to the face, neck and arms of pupils.