




**ST JAMES' C of E JUNIOR SCHOOL**

# **Sun Safety Procedures**

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## REVIEW SHEET

The information in the table below details earlier versions of this document with a brief description of each review and how to distinguish amendments made since the previous version date (if any).

Version Number	Version Description	Date of Revision
1	Original	February 2014
2	Minor updates in line with Cancer Research UK guidelines	May 2015
3	Updates to links only	July 2016
4	Minor changes and removal of unreflective practices	September 2020
5	Minor changes and removal of unreflective practices, and extra information added to Kym Allan v5	December 2022

# SUN SAFETY PROCEDURES (v5)

We are fully aware of the dangers that over exposure to ultraviolet (UV) radiation from the sun can have on a person's health and skin from becoming sunburned to developing skin cancer and we acknowledge the importance of sun protection and want staff and pupils to enjoy the sun safely. We will work with staff, pupils and parents to achieve this through:

## 1. Implementation

As a school we will:

- a) Develop staff awareness, i.e. through provision of information regarding sun safety like the NHS advice <https://www.nhs.uk/live-well/healthy-body/sunscreen-and-sun-safety/> and the Sunsmart message below;
- b) The SunSmart skin cancer prevention messages will be promoted by using the SMART code:
  - **S** tay in the shade 11 a.m.-3 p.m.
  - **M** ake sure you never burn
  - **A** lways cover up with a t-shirt, hat and sunglasses
  - **R** emember to take extra care with children
  - **T** hen use at least factor 15+ sunscreen (the [NHS](#) advises that you can burn in the UK, even when it is cloudy and recommends that from March to October children and young people wear sunscreen that is min. 30+ SPF for UVB protection and 4\* or higher for UVA protection).

and implementing the concepts of "Slip, Slop, Slap, Seek and Slide":

- **SLIP** on clothing to cover your arms and legs
  - **SLOP** on sunscreen with factor 15+ (30+ is considered best practice)
  - **SLAP** on a wide-brimmed hat
  - **SEEK** shade or create your own shade
  - **SLIDE** on some UV protective sunglasses
- c) Ensure messages are consistent for all staff and pupils about the need to cover up and use sunscreen regardless of how dark their skin is because skin cancer may be less prevalent in people with darker skin, but it is often more serious if it develops and prevention works best.

## 2. Supporting Strategies

### 2.1 Education

- The dangers of the sun will form part of the PSHE/science curriculum.
- Talk about how to be SunSmart in assemblies
- We encourage and ensure through advance notice that parents, staff and students use a preventive approach on special, all-day activities such as PE days, educational visits and sports days.

### 2.2 Protection

This is an ongoing process. We have developed a proactive supervision procedure during the lunch break (i.e. checking pupils for appropriate attire such as sunhats etc., encouraging the use of shade etc.). This particularly focuses on pupils whose parents have not provided them with either sunscreen or protective clothing.

#### Shade:

- Supervisors will monitor pupil movement. When the sun is strong we will encourage pupils to sit/play in the shade where it is available.
- We utilise shaded areas for outdoor play including additional areas which have been installed such as the gazebo and dance stage and benches in shaded areas. The Head teacher will continue to review of the outdoor areas around school with a focus on providing shade.

**Clothing:**

- Children are encouraged to wear tops that cover their shoulders (vests and strappy tops are discouraged during PE/school visits etc).
- Children are allowed to wear UV protective sunglasses and sunhats when outside during sunny weather.

**Sunscreen:**

- Sunscreen use will be encouraged on days when the sun is strong during summer at lunch breaks, during PE lessons and on school trips. Parents are encouraged to apply cream before the start of school.
- All pupils' sun cream/sticks/roll-on must be clearly labelled. No child should share products belonging to other children.
- Extra sunscreen will be made available in case children forget their own.
- Normally, pupils will be encouraged to apply their own suncream (preferably a 'roll on' style) under the supervision of an adult.
- Staff will apply sun cream to pupils who cannot manage to apply it themselves appropriately. Generally, these will be pupils with special educational/physical needs or very young pupils.

**References and Useful Links**

[Sunsmart Assembly Plan](#)

[Sunsmart Lesson Plans](#)

[National Cancer Intelligence Network \(NCIN\): Skin Cancer Hub](#)