

St Paul's Catholic Primary School



Sun safety policy

June 2020

The aim of this sun safety policy is to protect children and staff from skin damage caused by the 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.

At St Paul's Catholic Primary School we believe in sun safety

As part of the sun safety policy, our school will:

- educate children throughout the curriculum about how to protect their skin;
- encourage children to wear clothes that provide good sun protection.
- hold outdoor activities in areas of shade whenever possible, and encourage children to use shady areas during breaks, lunch-hours, sports and trips. Sunbathing is definitely discouraged.
- work towards increasing the provision of adequate shade for everybody.
- encourage staff and parents to act as good role models by practising sun safety;
- regularly remind children, staff and parents about sun safety through newsletters, posters, parents meetings, and activities for pupils.
- invite relevant professional (school nurses and health promotion officers) to advise the school on sun safety
- regularly monitor our curriculum in terms of sun safety, e.g. assess shade provision, and review the sun safety behaviour of our young people and staff (use of hats, shade etc).

Suggestions to help cope with hot weather

- Pupils to wear hats when outside.
- Pupils to wear sun cream. Seek permission from parents to support children in applying more sun cream as needed.
- Teachers should make a judgement as to the temperature of classrooms and make internal arrangements to teach in cooler areas where possible.
- Teachers should encourage pupils to drink water and ensure there are regular breaks for them to do so.
- Where possible, all doors and windows should be opened to provide a through breeze and classroom blinds should be drawn. Ensure all classrooms have fans to help circulate the air
- Physical education lessons should be carefully planned to avoid sun exposure, unnecessary exertion and dehydration. In extreme weather, outdoor PE lessons should not last for more than 20 minutes after which children should be brought indoors, given time to rest and drink water.
- Annual Sports' Day will be determined by preceding days' climate. Again children spectating should not do so for more than 20 minutes at a time.

- Pupils with asthma, breathing difficulties or other relevant health conditions should avoid physical activities in very hot weather
- Parents/carers and children will be encouraged to follow these procedures at home
- Staff must also ensure they drink water regularly and take precautions against the high temperatures

In rare cases, extreme heat can cause heatstroke

Symptoms to look out for are:

Cramps 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 don't go away medical advice should be sought.

If you suspect a member of staff or pupil has become seriously ill, call an ambulance.

While waiting for the 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 them aspirin or paracetamol.**