



Morpeth First School

SUN PROTECTION POLICY

Rationale

Whilst we recognise that some sun is good for us, over exposure to ultraviolet radiation (UVR) is an important safeguarding issue for schools. The sun's rays are particularly strong over the summer and without adequate protection, a child's delicate skin can easily burn, causing cumulative and irreparable damage and increase the chance of developing skin cancer in later life. Sun exposure in the first 15 years of life contributes significantly to a person's lifetime risk of developing skin cancer, highlighting the importance of schools and parents working together to increase knowledge and influence behaviours, ensuring children are protected against UVR and learn how to enjoy the sun safely.

Purpose

At Morpeth First School we want children and staff to enjoy the sun safely and to be protected from skin damage caused by the effects of ultraviolet radiation from the sun. We will work with children, staff and parents to achieve this.

Guidelines

Sunscreen

Sunscreen should be applied to all exposed areas of skin that are not covered by clothing to protect from UVR. Without adequate protection, a child's delicate skin can easily burn, causing cumulative and irreparable damage, no matter what their skin tone or ethnic origin.

It is recommended that all sunscreens provided by parents should be: -

- Labelled 'Broad spectrum' to provide protection against UVA and UVB
- A minimum sun protection factor (SPF) 30 to provide a high level of protection against UVB
- Ideally labelled with a UVA star rating of minimum 4 stars to ensure high level of protection against UVA

- Checked for expiry dates or used within the time specified by the 'open jar' symbol (ie 9M or 12M)

Parents/carers are expected to apply sunscreen before school and to ensure that children are equipped with appropriately protective sunscreen which should be clearly labelled with the child's name. This will be used as required throughout the school day when children are going outside for extended periods, eg lunchtime and outdoor PE. We also ask parents to educate children how to apply sunscreen effectively and sensibly, this will support children to apply their own 'top-ups' independently. Staff will provide assistance only when necessary to younger pupils or those who may struggle with this task, unless instructed as otherwise by the parent/carer. School has an 'emergency' supply of sunscreen which can be used in the case that a parent is unable to provide any, or a child has lost, forgotten or run out of their own. We ask that parents inform the class teacher or main office if they have forgotten to apply cream so that the class teacher is aware and other arrangements can be made. Parents should also make school aware of allergies related to sunscreen. For practical and financial reasons, it is unfeasible for the school to provide sunscreen for all children in the school on a regular basis.

Clothing and sun hats

Clothing

Clothing is one of the most effective barriers between our skin and the sun and should always be seen as a first line of defence against UV exposure. Ideally, clothing should cover as much skin as possible. Shoulders should always be covered as they can easily burn. Children should not be sent to school in strappy tops, sundresses or very short shorts similar to hot pants, either as part of daily school clothing or as part of a PE kit. This is not school uniform (please see school uniform policy).

Sun Hats

Sun hats should be provided by parents. They should be clearly named and should be: -

- Either broad brimmed, bucket or legionnaire to adequately shade the face, neck, ears and cheeks
- Baseball caps are not recommended as they do not provide shade to the neck, ears and cheeks, however they are still better than no hat at all! In this case, extra care should be taken to protect the neck, ears and cheeks with sunscreen

We will encourage children to wear hats outdoors and for PE when UV levels are high.

Shade

There are various shaded areas outdoors that children are encouraged to play in. In extreme heat or high UV, these are used on a rotation basis, and children will only be allowed outside

for a limited time. We are committed to extend the provision of shaded area when budgetary constraints allow.

Staff and Role modelling

We ensure that all staff role model good safety behaviours such as wearing a sun hat, applying sun cream and wearing appropriate clothing. Staff will check the UV index when considering outdoor activities and modify where necessary.

Hydration

We are committed to ensure that children remain hydrated with drinks of water available and encouraged regularly throughout the day, especially during warm weather and physical activity. We ask that parents ensure that children have a named water bottle in school every day to enable this.

Education

- Sun safety lessons form part of the PHSE curriculum and will be supported by resources from the Outdoor Kids Sun Safety Code in class.
- We will talk about sun safety in assemblies during the Summer Term.

Informing parents

The information in this policy will be communicated to parents via email, newsletters and on our website. We will also send occasional reminders via seesaw and school comms to make sure that this information is kept at the forefront of safeguarding during the summer term. Further information on sun safety is available from the Kids Health website ([here](#)), the NHS ([here](#)) and Cancer Research UK ([here](#)).



Review

This policy will be reviewed every 2 years.

This policy was adopted Summer 2023

Next review Spring 2025.

