UNIVERSITY OF CAMBRIDGE PRIMARY SCHOOL

Sun Protection Policy

Approved by
Education Committee

Last reviewed on
January 2025

Next review due
April 2027

RELEASING THE IMAGINATION: CELEBRATING THE ART OF THE POSSIBLE

Rationale

Too much exposure to ultraviolet light (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of skin cancer. There is enormous potential for schools to prevent skin cancer in future generations.
Schools are central to protecting children's skin. This is because:

- Children are at school five out of seven days a week at times when 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.
- Pupils and Staff are at risk of sunburn within 10-15 minutes of being exposed to strong sunlight.
- Pupils spend an average of 1.5 hours outside per day, more if involved in sports or outdoor activities.
- Skin cancer is largely preventable through behaviour modification and sun protection during early years.

At UCPS we want staff and pupils to enjoy the sun safely. We will work with staff, pupils and parents to achieve this by raising pupil and parent awareness.

Implementation

We will achieve this by implementing these measures:

Curriculum

We will talk about how to stay safe in the sun in assemblies at the start of the summer term.
This policy will be published on the school website at universityprimaryschool.org.uk so that parents/carers can see what the school is doing about sun protection and how they can help.
Sun safety to be included in the PSHE curriculum.

We will evaluate the work of the school with regard to sun protection, with advice from
Sun, UV and cancer | Cancer Research UK

Protection

Shade - children will be encouraged to sit in the shade in the playground and field as appropriate.
Covered areas as sun shades are available for children to sit under.
The availability of shade is considered when planning excursions and all outdoor activities.

Clothing

Children should bring sun hats to school to wear at playtimes. School will provide the option to buy legionnaires style hats for children in Early Years to wear during school hours if they do not bring in a suitable hat themselves.
Children will wear T-shirts that cover their shoulders for PE lessons
Children and staff should not wear vest tops.
All adults will be encouraged to wear hats when on playground duty when necessary.

Sun Screen

Sun screen use will be encouraged as appropriate.

Parents are encouraged to apply long lasting sun screen to children before school.
Children are expected to bring their own sun screen to school and apply it themselves.
Children must only use their own sun screen.
Parents are asked to teach their children how to sensibly use and apply these screens and will clearly label them and put them in their child's bag for their own use.
Staff will not apply sun screen to any children unless in line with Appendix 1.

Collaboration

We are committed to working with parents, governors and the wider community to re-inforce awareness about sun safety and promote a healthy school.
This policy has been developed using the Cancer Research UK SunSmart Guidelines for Primary Schools.

Appendix 1

Advice for Staff on Pupil's Application of Sun Screen
Where, through risk assessment, it has been decided that all other control measures such as limiting exposure, clothing with long sleeves and use of shade are either inadequate or unavailable and the use of sunscreen to provide protection cannot be avoided, the following advice must be considered:

1. Most children will be able, with some direction, to apply sunscreens themselves; self-application is recommended. This prevents allegations of abuse and encroachment into learning time.
2. Dermatologists recommend that a sunscreen with a sun protection factor (SPF) of 15 or above, and capable of protecting against UVA and UVB spectra, will provide children in this country with adequate protection; parents should be encouraged to provide sun screen in line with this advice. However, school would prefer and encourage the use of a much higher sun protection factor (30-50 SPF).
3. Young children and some children with special needs may require assistance.
4. An adult MUST apply cream in presence of another adult in such cases.

In these circumstances Staff will ask parents/carers for permission for someone else to apply sunscreen. Staff who do help to apply sunscreens should do so only on the face, neck and arms to minimise the risk of abuse allegations. Support should only be given in an open area. Staff should avoid touching a pupil in a way that might be considered indecent and should be aware of those children for whom touching is unwelcome. The risk assessment process must include consideration of potential silliness and the levels of supervision required to ensure that pupils who bring their own sunscreens to school use such products appropriately.