

Sun and Heat Policy

Chair of Governors: Alexandra Woolmore

Headteacher: Stephen Mitchell

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Sun Safety Policy

Why do we need a Sun Safety Policy?

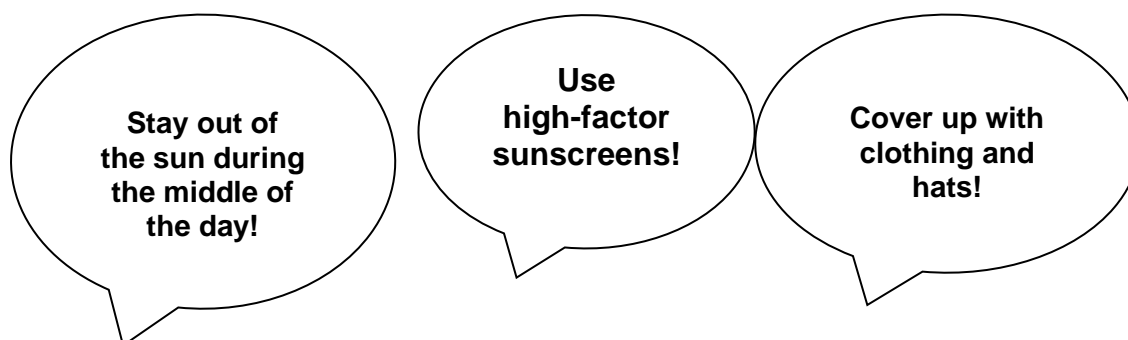
The increasing incidence of skin cancer in Britain is an issue that affects parents and schools. Prolonged over-exposure to the sun and episodes of sunburn under the age of 15 are major risk factors for skin cancer later in life. Exposure to the sun can also cause premature ageing of the skin. The British Association of Dermatology estimates that four out of five skin cancer deaths are preventable. It is therefore important to protect the more delicate skin of young children to reduce the risk of cumulative damage and sunburn. Research by 'Learning Through Landscapes' (LTL) in the late 1980s found that a quarter of the time young people spend at school is spent outdoors.

Our nine-point commitment to Sun Safety at King's Cross Academy:

1. educate children throughout the curriculum about the causes of skin cancer and how to protect their skin;
2. encourage children to wear clothes that provide good sun protection, and use sunscreens where appropriate;
3. try to schedule outdoor activities at times other than the middle of the day when the sun's rays are most harmful;
4. 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;
5. work towards increasing the provision of adequate shade for everybody;
6. encourage staff and parents to act as good role models by practising sun safety;
7. regularly remind children, staff and parents about sun safety through newsletters, posters, parents' meetings, and activities for pupils;
8. invite relevant professionals (such as dermatologists, school nurses, and health promotion officers) to advise the school on sun safety;
9. make sure the Sun Safety Policy is working. We will regularly monitor our curriculum, assess shade provision, and review the sun safety behaviour of students and staff (use of hats, shade, etc).

What will we do to promote Sun Safety at King's Cross Academy?

Fortunately, the sun safety message is relatively straightforward:



The best approach is one that combines:

- **1. Education about sun safety.** Learning about sun safety can help to instill positive attitudes and practices that persist into adulthood. It is relevant across the curriculum.
- **2. Protection from the sun.** Practical protection in the form of shade and appropriate clothing are the most effective ways of preventing sunburn and reducing the risk of skin cancer.

1. HOW CAN CHILDREN LEARN ABOUT SUN SAFETY?

It is never too soon to learn about sun safety. Learning should include knowledge about the sun, its effects on the environment and human life, the risk of skin cancer and ways to protect ourselves. In addition to factual knowledge about the sun, this would involve: discussing attitudes to suntans; exploring environmental factors that prevent the adoption of healthy behaviour; and encouraging personal responsibility.

Learning about the sun and keeping safe in the sun is a cross-curricular theme. Related concepts can be explored within English, mathematics, science, geography, and design and technology. Children's personal and social development is highly relevant to sun safe attitudes and behaviour.

Learning projects eg: conducting a shade audit, can be adapted for use at different key stages. Teachers might also consider asking the school nurse or an outside speaker to talk to pupils about skin cancer and sun safety. Potential speakers include health promotion advisers, dermatologists, GPs or practice nurses. Teachers can contact their local Boots store and talk to the "sun shop" consultant who is equipped to provide a mini presentation about sun care using a teddy bear icon called "Sunshine Sam".

EYFS / Key Stage 1 (3-7 years)

"The Sun" is an everyday and interesting topic to explore with your children at primary school. It cuts across many other topics – the weather, the seasons, light, energy, our environment, holidays, keeping safe, growing things, and so on. The sun also provides a rich source of material for reading, writing and drawing. At this age, children are keen to explore and learn and can with encouragement and constant reminders be guided to cover-up in the sun and play in the shade.

Key Stage 2 (7-11 years)

Many of the sun safety themes can be explored across the curriculum in more depth. Children at this stage develop more sophisticated investigative learning. As they develop their personal and social skills, they will begin to explore the reasons behind issues like sun safety more. Pupils usually respond well to sun safety messages developed as part of project-based learning.

2. HOW CAN CHILDREN BE PROTECTED?

- actively discourage sunbathing.
- review the timetable for outdoor PE. This can be scheduled before 11 am, particularly for younger pupils. Physical exercise can help to energise children for learning.
- schedule sports days and other open-air events in the early morning / evening to avoid the hottest part of the day. It might even be easier for parents to attend.
- provide shade and exploring the possibility of awnings and sun shades.
- insist that pupils wear hats for sports and games in the summer months. We will have a supply for those who forget to bring them. We will provide hats as part of the kit for school teams. We will make sure that staff also wear hats outdoors to set an example.
- use letters, posters, programmes and other means to advise parents about the need for protection on school outings and trips, sports days and at school fetes (see Schools Health and Safety Manual June 2000 Section 3(15):10). Protection will include appropriate clothing, hats, sunscreens and possibly sunglasses.
- remind parents to provide plenty of liquids.
- ensure there is plenty of drinking water. Children need extra fluids in hot weather to prevent dehydration.
- remind people at sports days and events to take care in the sun, displaying pupils' work on sun awareness, providing information on the events schedule and providing first aid.

What First-Aid will be used in case of sun-related problems?

- **Sunburn:** Take the child indoors and the affected area should be cooled with cold water. After-sun lotions or calamine lotion are applied to help soothe the skin. Loose clothing should be worn and the skin kept covered until the sunburn has healed. Give the child plenty of fluids. In the case of blistering, seek medical advice.
- **Heat exhaustion:** This is caused by exertion in and over-exposure to high temperatures. Heat exhaustion is accompanied by dizziness, headaches, and muscular cramps in the lower limbs. The child may faint. Lie the child down in a cool place and, if conscious, give them sips of cold water. If the condition worsens, seek medical aid. If the child becomes unconscious, place in the recovery position, and call for medical assistance.
- **Heat stroke:** Signs include dizziness, nausea and flu-like symptoms. The child will have a temperature and look flushed although the skin remains dry. It is important to reduce the child's temperature by taking them to a cool place, removing their clothing, and putting them in a half-sitting position with the head and shoulders supported. Wrap the child in a cold wet, sheet. If symptoms persist, seek help or, if the child becomes unconscious, place in the recovery position and call for medical assistance.

What is King's Cross Academy's policy on sun-safe clothing?

- **Cover:** The 'cover' factor is the most important aspect. Shirts must have sleeves, the longer the better, and collars help to protect the neck. Shorts should be longer to protect the top of the legs. Loose-fitting, lighter-coloured clothes are cooler. Most quality fabric will protect the skin although the closer the weave the greater the protection. Special fabrics are not necessary. (See Section 3(15): Sun Safety Schools Health and Safety Manual June 2000 Section 3(15):11)
- **Hats:** Wide-brimmed hats or legionnaire-style caps are the most suitable. They provide adequate cover for the face, ears and back of the neck. Dark material for the underside of the brim or peak will reduce the amount of reflection on to the face. Caps are available with the school logo through the uniform web-site.
- **Sunglasses:** Ultra-violet rays can damage your eyes. Sunglasses should conform to the European Standard BSEN1836:1997 and carry the CE mark. At King's Cross Academy, we encourage the wearing of sunglasses that meet this Standard. Sunglasses can only be worn if the child's parent/carer has written to the Class Teacher stating that the school will not be held responsible for loss, theft or damage. Sunglasses will then only be permitted if the wearer takes due care and behaves responsibly.

What is our policy on Sunscreens?

The purpose of using sunscreens is to protect people from sunburn which is a risk factor for skin cancer. They should be used in combination with other measures like covering-up or seeking shade, but are useful when other means of protection are unavailable or impractical. They should not be used in order to extend the amount of time spent in the sun.

Sunscreens act in different ways:

- Some act as a physical barrier to the sun, reflecting the sun's harmful UV radiation.
- Some contain chemical absorbers that soak up UV radiation reducing the amount that reaches the skin.
- Others combine both methods.

The Sun Protection Factor (SPF) in sunscreens is a measure of the amount of UVB radiation that filters through to the skin. The higher the factor, the greater the protection. All sunscreen products sold in the UK carry an SPF rating. This can range from 2 to 30 or more. It is more difficult to measure the protection factor against UVA. Some companies use a star system which gives the ratio of UVA to UVB protection. (See Section 3(15):

Sun Safety Schools Health and Safety Manual June 2000 Section 3(15):12)The SPF number indicates how long a person could stay in the sun without burning compared with the length of time it takes to burn without the sunscreen. For example, if a person normally starts to burn after about 10 minutes, then it would take approximately 150 minutes to start to burn if the person uses a sunscreen with SPF15.

At King's Cross Academy, we will:

- encourage the use of sunscreens in school, particularly for fair-skinned, freckled children. This will be incorporated into the medicines in school policy.
- write to parents/carers at the start of the summer term about the need to protect their children from the sun. Recommend that parents provide sunscreens and a hat, particularly for use on sports days and school outings. These should be high factor sunscreens (SPF 15 or more). Fair-skinned children may need a sunscreen with a higher factor (SPF 25).
- explain how to apply sunscreens properly. Teachers will need to show younger children how to do this. Apply it thickly and evenly over all exposed areas. Pay particular attention to the ears, the neck and the face, even if hats are worn. Check the instructions; some sunscreens should be applied some time before exposure to the sun. Re-apply regularly if out in the sun for long periods, especially after swimming.
- explore the possibility of providing sunscreen in school as the price of sunscreen may deter some parents/carers from providing it.
- promote the self-application of sunscreen by children.
- seek permission from parents/carers for application of sunscreen by staff for very young children or those with special needs. In these cases, two persons should be present during application.