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IN SPIRIT OF JESUS

Sun Safety Policy

September 2026

St Paul & St Timothy's Catholic Infant School

Sun Safety Policy

Aims

This sun safety policy aims 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, school health and the wider community to reinforce awareness about sun safety and promote a healthy school.

This school believes in Sun Safety

To ensure that children and staff are protected from skin damage caused by the harmful ultraviolet rays in sunlight.

As part of the Sun Safety policy, our school will:

- educate children throughout the curriculum about the causes of skin damage and 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/carers to act as good role models by practising sun safety;
- regularly remind children, staff and parents about sun safety through newsletters, posters, meetings, and activities for pupils.
- invite relevant professionals (school health and health promotion officers to advise the school on sun safety)
- make sure the Sun Safety Policy is working. We will regularly monitor our curriculum, assess shade provision, and review the sun safety behaviour of our young people and staff (use of hats, shade, etc).
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- Suggestions to help cope with hot weather
- Pupils to wear hats when outside.
- Parents/Carers should apply all day sun screen (factor 30 or above) before children come to school.
- 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, open windows to provide a through breeze & classroom blinds should be drawn.
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- On very hot days, lessons or playtimes should not last for more than 20 minutes outdoors.

- Physical education lessons should be carefully planned to avoid sun exposure, unnecessary exertion and dehydration. On very hot days, outdoor P.E lessons should not last for more than 20 minutes when 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

- Parents/carers and children must 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: Cramp 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. NHS Direct is available on 0845 4647
- 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 to drink.
  - Do not give them aspirin or paracetamol.