



Cupernham Infant School Sun Safe Policy

Status:	Current	Approval Level:	HT
Review Frequency:	Annual	Author/Role:	Headteacher
Date First Written:	May 2020	Date Last Approved:	May 2026
Date of Next Review:	May 2027	Statutory:	NO
Source:	School	Any Changes:	NO

"Together We Care, We Learn and We Achieve"

Sun Safe Policy

At Cupernham Infant School we want staff and pupils to enjoy the sun safely. We will work with staff, pupils and parents to achieve this and encourage staff and parents to be good role models by practicing sun safety.

Sun Safety Education

Children will receive age-appropriate education about sun safety as part of the school's Personal, Social, Health and Economic (PSHE) curriculum, health education and wider safeguarding curriculum. Teaching will include:

- The benefits and risks associated with sun exposure. [\[gov.uk\]](https://www.gov.uk)
- How ultraviolet (UV) rays can damage skin and increase the risk of skin cancer later in life.
- The importance of seeking shade, particularly between 11am and 3pm during the summer months.
- The importance of wearing suitable clothing, including wide-brimmed hats and clothing that protects the skin.
- The safe and effective use of sunscreen, including the recommendation for SPF30+ sunscreen with a UVA rating of four stars or above.
- The importance of drinking water regularly and recognising the signs of dehydration.
- Recognising the symptoms of heat stress, heat exhaustion and heatstroke and knowing when to seek help from an adult.



- Sun safety messages will be reinforced through assemblies, themed learning activities, newsletters and reminders to parents and carers during periods of hot weather and Heat-Health Alerts.

Key updates based on UKHSA/NHS and DfE guidance 2024-2026:

SPF 30+ sunscreen with UVA 4-star or above recommended.
Wide-brimmed hats and loose, light-coloured clothing encouraged.
Additional hydration breaks and heat-health alert monitoring.
Vigorous physical activity avoided during very hot weather.
Updated heat exhaustion and heatstroke response procedures.

Education

Sun safety education will be taught annually and reinforced during spring and summer. Parents will receive information about hot weather precautions and school responses to Heat-Health Alerts.

Shade and Outdoor Protection

Children will be encouraged to use shaded areas. Outdoor learning and play will be adapted during periods of high temperature. Staff will monitor vulnerable pupils and those with medical conditions.

Clothing

Children should wear lightweight, loose-fitting clothing and a wide-brimmed sunhat. Uniform expectations may be relaxed during periods of extreme heat.

Sunscreen

Parents should apply sunscreen before school. NHS guidance recommends SPF30 or above with UVA protection of 4 stars or more. Where exceptional events require reapplication, parental consent and school procedures will be followed.

Water and Hydration

Water will be readily available throughout the day. Additional supervised drinking opportunities will be provided during hot weather.



Heat-Health Alerts

School leaders will monitor UKHSA/Met Office Heat-Health Alerts and implement proportionate control measures including timetable adjustments, additional shade, reduced outdoor activity and increased hydration.

Physical Activity

Children should not take part in vigorous physical activity during very hot weather between the hours of 11am and 3pm. PE, sports events and outdoor activities may be moved, shortened or adapted.

Indoor Environment

Windows and ventilation will be managed to maintain comfort and air quality. Blinds may be used to reduce solar gain and unnecessary electrical equipment will be switched off when possible.

Heat Exhaustion

Move child to a cool area, provide cool water, actively cool using water and airflow. Contact NHS 111 if symptoms persist or worsen.

Heatstroke

Heatstroke is a medical emergency. Call 999 immediately and begin cooling while awaiting emergency assistance.

References

Updated in line with UKHSA guidance for schools and early years settings (December 2024), NHS sun safety guidance, and DfE hot weather guidance (June/July 2026).