

Cupernham Infant School

Sun Safe Policy

Next Review Date: October 2021



“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.

Education:

- All pupils will receive a 'Sun Smart' session and sun safety is promoted as part of our curriculum as part of being healthy and safe.
- We will talk about how to be Sun Smart in assemblies according to need during the Spring and Summer terms.
- Parents and Carers will be sent information in our newsletters explaining how they can help together with exceptional measures the school takes such as during a heat wave.

Protection:

Shade:

- Children will be encouraged to spend time in the shaded areas in the playground especially during lunchtime play during the summer months, such as under trees and on the banks.
- We will continue to use awning shade around our building.
- The Foundation Stage outdoor play area has a wide awning and staff will monitor exposed use of the outdoors carefully.

Timetabling/Events:

- Wherever possible school events will be scheduled to take place outside the hours when the sun's rays are most harmful, such as beginning Sports Day at 9am.
- Outdoor events may be postponed or cancelled if the weather is exceptionally hot.
- Children may be kept inside or in shaded areas during playtimes and lunchtimes if the weather is exceptionally hot. Lunchtime play will include a 'cooling off' period of about ten minutes during heat wave conditions.

- Children in the Year R will be discouraged from spending long periods of time in the Year R outside area and whenever possible will be encouraged to stay in the shade.
- When planning outdoor events during the summer months risk assessments will be carried out to ensure that adequate control measures are in place to reduce the risk of damage from the sun, such as the Summer Fayre.

Clothing:

- All children will be encouraged to wear a sun hat during playtimes when the weather is hot. During heat wave conditions, only children wearing hats will be able to play outside for an extended period (15-20 minutes at lunchtime).
- Parents will be reminded of the importance of children bringing a sun hat to school during the summer months through newsletters and parent text reminders.
- School sun hats are available to purchase from the Main Office.

Parents will be reminded of the need for children to wear loose cool clothing that covers as much skin as possible.

Sunscreen:

- Sun screen should never be used to prolong the amount of time spent in the sun but as a form of protection when other measures are unavailable or when additional protection is required.
- Sun screen (factor 15+) use will be encouraged during the Summer Term.
- We will not apply sun cream, but encourage parents to do so before their child leaves home to come to school.
- Sunscreen should not be sent to school. In exceptional circumstance to ensure inclusion (such as during Sports day) we may seek permission to administer sun cream.

Water:

- Water is always readily available to pupils. Children will be actively encouraged to drink water at regular intervals during hot weather to prevent dehydration. Parents are reminded to send in water bottles but we also readily supply water using plastic beakers.

First Aid

Any child suspected of suffering from sunburn or heat exhaustion will be taken indoors to a cool place and a message will be sent to the office to contact the child's parents.

Sunburn:

- Children will be given plenty of fluids and the affected area cooled with cold water.

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. If a child is suspected of suffering from heat exhaustion, his/her parents will be contacted immediately. Meanwhile the child will be laid down in a cool area and offered sips of cold water. If the condition worsens, medical assistance will be sought.

Heat Stroke:

- Signs include dizziness, nausea and flu-like symptoms. If a child is suspected of suffering from heat stroke his/her parents will be contacted immediately. It is important to reduce the child's temperature by taking them to a cool place, removing outer clothing, and putting them in a sitting position with the head and shoulders supported. Again if symptoms persist and the child's condition deteriorates medical assistance will be sought.

Management Arrangements

The Headteacher will be responsible for ensuring that all children, parents, staff and Governors are aware of school procedures with regard to sun safety. Parents will be reminded of the school's sun safety policy and how they can support the implementation of the procedures on an annual basis and the full policy will be available on the website. The Headteacher in conjunction with the Health and Safety Governor will be responsible for ensuring that appropriate risk assessments are carried out for all outdoor events and activities in the summer months and apply appropriate measures to reduce the risks of damage from over exposure to the sun.

Cupernham Infant School will ensure that the policy is regularly monitored and evaluated.

The Cancer Research UK Sun Smart prevention messages are:

- ✓ *Stay in the shade 11-3*
- ✓ *Make sure you never burn*
- ✓ *Always cover up – wear a t-shirt, hat and wraparound sunglasses*
- ✓ *Remember children burn more easily*
- ✓ *Then use factor 15+ sunscreen.*

Cupernham Infant School is committed to safeguarding and promoting the welfare of children.