

Sun Safety Policy



1. Introduction

At Grangetown Primary School we want staff and pupils to enjoy the sun safely. We will achieve this by raising awareness of the benefits as well as the potential dangers of being in the sun, and by taking steps to mitigate the dangers.

2. Benefits of being in the sun

Some exposure to the sun is positive. Sunlight is essential for human health and well-being. The sun's rays provide warmth. When the sun is shining, humans often feel a sense of well-being. Conversely, a lack of sunlight can cause feelings of gloom. The sun's rays lead to the production of vitamin D, a nutrient essential for human health.

3. Dangers of too much/too intense exposure

Too much exposure to ultraviolet (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Schools play an important part in protecting children's skin, because:

- Children are at school 5/7 days of the week and at times when the 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
- Skin cancer is largely preventable through education, behaviour modification and sun protection during early years.

4. Teaching pupils about sun exposure

- All pupils will have at least one assembly and one sun smart lesson per year.
- All pupils will receive reminders in class prior to taking part in activities and playtimes outdoors.

5. Messages to parents/carers

- Parents and carers will receive reminders about sun protection at the beginning of the summer term or during periods of sunny, hot weather, in our weekly parent update.

Protection

- Children will be encouraged to sit in shadier areas in the playground and on the field.
- Should there be periods of extended hot, sunny weather, children will go outside to play over lunchtime for a limited period only. In extreme weather, children will be brought indoors.
- Additional shade (e.g. gazebos) will be provided for extended session outdoors e.g. sports days.

Clothing

- Children will be encouraged to bring sun hats to school to wear at playtimes, during visits and during any outdoor activities
- Children may bring sunglasses to wear outdoors on bright days.

- Children will be reminded that vest tops are not to be worn for PE lessons – t-shirts should be worn with sleeves which cover the shoulders.

Sun Screen

- Parents and carers are encouraged to apply sun screen to children before they come to school on hot, sunny days. This should be a minimum of SPF 30, ideally higher.
- Parents and carers should teach their children how to apply sun screen themselves.
- Children will be encouraged to re-apply sun screen themselves prior to going outside for playtimes and lunchtimes. Staff will supervise this, depending upon the age and ability of the children. The children who attend full days in EYFS will be supported in applying sunscreen over lunchtime.

6. Collaboration

- The school will aim to work with parents, carers and the wider community to reinforce awareness about sun safety and promote a healthy school.
- This policy has been developed using the Cancer Research UK Sun Smart Guidelines for Primary Schools.

L McAnaney
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- Policy updated: February 2025
- The Governors and staff will review this policy every two years.
- Next Review: February 2026.