

# YSGOL GYNRADD PORTH Y FELIN

## Sun Safety policy

### Background

“Children tend to spend more time than adults in the open air. They have very sensitive skin which burns easily, so they need careful protection both at home and abroad. The last thing on a child’s mind when the sun is shining and they want to play, is putting sun cream on their skin – so parents and carers need to take responsibility for this. There are two types of rays that can cause harm – UVA and UVB, and these rays can cause harm to the skin in the form of sun burn aging and other problems. They can also increase the risk of skin cancer.” (Welsh Govt)

### Public Health Wales have issued the following advice for those looking after children

#### ‘Outdoors

- On very hot days (e.g. temperatures above 30°C) children should not take part in vigorous physical activity
- Children playing outdoors should be encouraged to stay in the shade as much as possible
- Loose, light-coloured clothing should be worn to help children keep cool and hats of a closed construction with wide brims should be worn to avoid sunburn
- Thin clothing or suncream should be used to protect skin if children are playing or taking lessons outdoors for more than 20 minutes. Choose a sunscreen that is specially formulated for babies and children’s skin as these products are less likely to contain alcohol or fragrances that might irritate the skin and cause allergic reactions
- Children must be provided with plenty of cool water and encouraged to drink more than usual when conditions are hot

#### Indoors

- Windows and other ventilation openings should be opened during the cool of early morning or preferably overnight to allow stored heat to escape from the building. Check insurance conditions and the need for security if windows are to be left open overnight
- Windows and other ventilation openings should not be closed, but their openings reduced when the outdoor air becomes warmer than the air indoors. This should help keep rooms cool whilst allowing adequate ventilation
- Use outdoor sun covers/awnings if available, or indoor blinds, but do not let solar shading devices block ventilation openings or windows
- Keep the use of electric lighting to a minimum

- All electrical equipment, including computers, monitors and printers should be switched off when not in use and should not be left in 'standby mode'. Electrical equipment, when left on, or in 'standby' mode generates heat

### **Who is likely to be most affected?**

- Children's susceptibility to high temperatures varies; those who are overweight or who are taking medication may be at increased risk of adverse effects
- Children under four years of age are also at increased risk
- Some children with disabilities or complex health needs may be more susceptible to temperature extremes
- The school nurse, community health practitioner, family health visitor or the child's specialist health professional may be able to advise on the particular needs of the individual child
- Support staff should be made aware of the risks and how to manage them'

### **Aims**

We recognize that sun safety is essential for children

The aim of our sun safety policy is to protect our children from the harmful effects of the sun's UV rays.

Our policy has 3 objectives:

**Protect:** we will attempt to provide an environment which enable's our pupils to be safe in the sun.

**Prepare:** we will educate our children about the dangers of UV rays to influence their decisions and behavior in the sun.

**Partnerships:** we will work with parents/carers, our governors, the school nurse and the wider community to reinforce awareness of sun safety and our commitment to being a Healthy School.

We believe strongly in promoting safety in the sun and as a part of our policy we commit to following national guidance and aim to:

- Encourage children to stay in the shade on sunny days, and recognise that children can get burnt when there is a light cloud covering .
- Avoiding spending long periods in the sun when it is at its hottest (between 11am and 3 y prynhawn).
- Remind parents to ensure that their children use an appropriate high factor sun screen at all times – at least SPF 20 and to put sun cream in their children's school bags so they can reapply the cream regularly and after

swimming. Every child, however dark their skin, should protect their skin from the sun.

- Remind parents to cover their children well with a shirt/poloshirt or loose cotton dress with sleeves and a sun hat if possible
- Remind parents to ensure that sun hats/baseball caps cover the back of the neck if possible.
- Remind parents that sun glasses give valuable protection and prevent children being over exposed to UV rays.
- Make sure the children drink water regularly when playing in the sun, in case they get dehydrated

In Ysgol Porth y Felin we will endeavour to

- Teach our children about what causes skin cancer and how they can protect themselves.
- Encourage the children to wear light loose clothing which covers their body (school uniform is ideal).
- Hold outdoor activities in the shade where possible. We will encourage the children to use shaded areas at play time, lunchtime, during after school activities and on visits. We will not encourage sun bathing.
- Ensure that there are suitable shady areas in school for the children (infants and juniors) to shelter.
- Encourage staff and parents to set a good example by following the 'Sunsafe' guidelines.
- Encourage parents to provide sun hats and sun cream for their children
- Remind pupils, parents and staff about sun safety through letters posters, twitter and guidance on our website.
- Invite members of the community (the school nurse) to talk to the children.
- Ensuring the whole school community is aware of the policy and that it is applied. We will do this through regular monitoring of the use of sunhats/suncream and assessing the use of shaded areas....

### **Guidelines for staff**

- Children should wear sunhats when outside or on trips.

- Children should apply 'all day' sun cream before coming to school. Parents can supply sun cream for the KS2 pupils to use themselves with their names clearly marked on it
- If parents feel that their child needs more sun cream during the day, they are welcome to come in and apply it themselves during lunchtime hours 12-1pm.
- Class teachers should monitor the temperature in class and use their professional judgement to make arrangements to teach in a cooler area if necessary. They should pay particular attention to children sitting close to windows/glass doors.
- Children should be encouraged to drink sufficient water and teachers should give opportunities for them to do so.
- Where possible windows and internal/safety doors should be opened to ensure a regular breeze. Blinds on class windows should be closed.
- It is the class teachers' responsibility to plan PE lessons carefully to avoid the direct heat of the afternoon sun. If this isn't possible suitable activities should be planned and children given an opportunity to have a break and drink some water. Periods of physical activity in high temperatures shouldn't last for more than 20 minutes.
- The school Sports day will be arranged annually in the summer term. The head teacher will be responsible for assessing the suitability of the weather on the day. Children shouldn't sit watching others for more than 20 minutes in hot weather.
- Children who suffer from asthma should do less physical activity if the weather affects their condition.
- Parents and carers should be encouraged to follow the same guidelines at home.
- Staff should drink sufficient water at regular intervals and take time in the shade.

In some cases, spending too much time in the sun can cause heatstroke

**The symptoms can be:**

A feeling of in the arms legs and stomach.

Feeling weak and nauseous.

- If you think a member of staff/pupil is suffering from heatstroke they should rest for a few hours, keep cool and drink plenty of water or fruit juice.

- If symptoms persist you should call for medical assistance.

### **NHS Direct - 0845 4647**

#### **If the case is severe, phone for an ambulance. While waiting:**

- Move the person to a cooler/more shady spot if it is safe to do so.
- Make sure they have enough air. Open windows/doors.
- Try to lower the temperature of the patient. Loosen clothing. Pour water over them or use a wet cloth on their cheeks.
- Give them water or juice to drink if they are conscious.
- **Don't give** aspirin or paracetamol.

#### **External links:**

<http://www.sunsmart.org.uk>

<http://www.wales.nhs.uk/sitesplus/888/page/43924>

**Dr E Gibson**

**Miss H M Owen**

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