



# Sun Safety Policy

March 2026



## Sun Safety Policy

Date Policy was formally adopted	March 2026
Review Date	March 2029
Written by	Colin Raraty
Chair's Name	Steph Green

At Rodings Primary we are committed to our duty to safeguard and promote the welfare of children and young people. Skin care is becoming increasingly important as the impact of climate change begins to take effect. Therefore

preventing both immediate damage such as sunburn and future illness such as skin cancer.

Most skin illnesses are caused by ultraviolet (UV) radiation from the sun. Protecting children from the sun can reduce the risk. This is particularly important for children and young people whose skin is more delicate and easily damaged.

Children are at school five out of seven days a week at times when UV rays are high.

- Most damage due to sun exposure occurs during the school years. • Schools can play a significant role in changing behaviours through role modelling and education.
- Children and staff are at risk of sunburn within 10-15 minutes of being exposed to strong sunlight.
- Students spend an average of 1.5 hours outside per school day, more if involved in sports and outdoor activities.
- Skin cancer is largely preventable through behaviour modification and sun protection during early years.

#### **The main elements of this policy are:**

- Partnership: working with parents/carers, governors, the school nurse and the wider partners to reinforce awareness about sun safety and promote a healthy school.
- Education: learning about sun safety to increase knowledge and influence behaviour.
- Protection: providing an environment that enables pupils and staff to stay safe in the sun.

#### **PARTNERSHIP**

- Sun safety will be promoted through working with parents, governors and the wider community partners to improve our understanding and provision to avoid the harmful effects of too much exposure to ultraviolet light (UV).
- Staff should act as positive role models and set a good example by seeking out the shade whenever possible and wearing suitable clothing, hat and sunscreen.

#### **EDUCATION**

- Annually a special assembly will be dedicated to 'Sun Safety'. The curriculum for all year groups will include aspects of 'Sun Safety' annually.

#### **TIMETABLING:**

- Foundation Stage staff will take children out for shorter periods of time and also encourage children to play in the shaded areas.

- Staff will consider the temperature and adjust any outside activities to avoid prolonged exposure to the sun e.g. PE lessons.

#### **CLOTHING:**

- Sun hats should be worn on sunny or days when the temperature is high including overcast days
- All children will be encouraged to cover up in sun with hats and sunglasses
- Lunchtime staff can set an example by wearing hats when on playground duty.
- Parents are encouraged and reminded to ensure that high factor/8 hour sunscreen is applied to children before school on very hot days. Children can bring in their own labelled bottle of sunscreen. Sunscreen can not be applied by school staff.

#### **REHYDRATION/ DRINKING WATER:**

Children are encouraged to increase their water intake in hot weather and are encouraged to drink water during break times and lunch times. Every child should bring a water bottle to school every day, these can be refilled throughout the day. Children are allowed to keep their water bottle in the classroom and are allowed to drink from it throughout the day. Children are reminded to drink water throughout the day and during the year children will be reminded through our assemblies about 'How to be Sun Safe'. Water is provided in the dinner hall at lunchtimes.

#### **PROTECTION**

- Children will be encouraged to use the shaded areas of the school during playtimes.
- During the three year period of this policy the number of shaded areas will be increased.
- Children are allowed to keep their water bottle in the classroom and are allowed to drink from it throughout the day,
- There are water fountains around the school which children can use during playtimes,
- Children will be encouraged to use the shaded areas of the school during playtimes when appropriate.
- If temperatures are extreme children will be kept indoors for break and lunchtimes.
- Any local or national health guidance will be followed during a heatwave.

## Glossary of Terms and Abbreviations

Term/Abbreviation	Meaning