



# Archbishop Cranmer C of E Academy

*'Striving for life in all its fullness' John 10:10*



## Sun Safety Standard

At Archbishop Cranmer C of E Primary Academy, we are a 'Take Care' school where we take care of ourselves, each other, the world and with our work. As part of our commitment to safeguarding and the health of our pupils and staff, and as part of our Relationships and Health Education (RHE) curriculum, we recognise the importance of educating our pupils on safe and unsafe sun exposure, skin cancer and how to reduce the risk of skin damage.

### Clothing and Sun Hats

Clothing is one of the most effective barriers between our skin and the sun and should always be considered the first line of defence against UV exposure.

- We actively remind parents to ensure children are equipped with an appropriate sun hat for use as required throughout the school day;
- We make available additional/ spare sun hats for all outdoor activities in the event a parent or carer is unable to provide one, or if a child has lost or forgotten their own;
- We ensure children wear their sun hat outdoors when UV levels reach 3 or above;
- We use Sun Safe strategies to encourage children to cover up like "No hat? Play in the shade or indoors.";
- We ensure pupils wear school and PE uniforms that keep shoulders covered. Sunglasses are optional.

### Sunscreen

Sunscreen should be applied to all areas of exposed skin that are not covered by clothing to protect it from Ultraviolet Radiation (UVR). Without adequate protection, a child's skin can easily burn, causing cumulative and irreparable damage. This can significantly increase their risk of developing skin cancer in later life.

- We actively remind parents to ensure children are equipped with an appropriately protective sunscreen for use as required throughout the school day;
- We make available additional sunscreen for all outdoor activities in the event a parent is unable to provide any, or a child has lost, forgotten or run out of their own. This is made available for parents to patch test upon request;
- We ensure pupils apply sunscreen when UV levels reach 3 or above before extended periods of outdoor activities such as lunch breaks, PE, outdoor lessons, school trips;
- A practical approach towards the application of sunscreen is necessary, with assistance provided only where necessary to younger pupils, unless otherwise instructed by the parent or carer.

### Shade and Time Spent Outdoors

- We currently provide shaded areas outdoors where children can congregate for outdoor play and activities, such as the outdoor stage and under trees on the field;
- We conduct shade assessments to consider future needs and are committed to improving shade solutions where necessary;
- We encourage children to play in the shade as much as possible when UV levels reach 3 or above, particularly between peak UV hours (11am-3pm);
- We monitor and limit time children spend outdoors when UV levels are high, particularly during peak UV hours (11am-3pm).

### Monitoring UV Levels

- We are committed to monitoring the daily UV index during warmer months to ensure appropriate sun safety measures are implemented when necessary;
- A child from our Pupil Parliament is selected to be the UV monitor and we display the daily UV level to engage the children and reinforce the importance of sun safety on a daily basis during warmer months.

### **Staff and Role Modelling**

We believe that ensuring all staff are actively informed of the requirements involved in encouraging sun safety is crucial to ensure successful outcomes. We view UV exposure as not just a safeguarding issue for children, but also for employees. We see our staff as role models to both parents and children and we therefore actively adopt and model the same practices outlined in this document.

- Staff are encouraged to role model good sun safety behaviours such as applying sunscreen and wearing a sun hat when UV levels reach 3 or above;
- We are committed to ensuring that all staff are actively involved in the implementation of this standard and that they consider the UV forecast and sun protection/ control measures when planning outdoor play or activities.

### **Educating Children**

We believe that educating young learners on the importance of sun safety is vital to embed key messages and influence behaviours. As a statutory requirement under the RHE curriculum, we are committed to educating all pupils annually about safe and unsafe exposure to the sun, including how to reduce the risk of skin cancer using the HeartSmart materials, 'Wrap Splat Hat' Garnier National Schools Partnership resources and Sun Safe Schools national accreditation programme materials.

### **Informing Parents**

- We communicate our practice and actively remind parents of the required support through a range of channels, such as our school website, newsletters, text messages and social media;
- We provide parents and carers with sun safety and skin cancer awareness information to promote and raise awareness of the prevention and early detection of skin cancer across our wider school community.

### **Hydration**

Encouraging children to drink fluids regularly is important as children may not remember to drink by themselves. We recognise that children have a higher proportion of body water than adults, and that they are also less heat tolerant and may be more likely to get dehydrated, especially when being physically active and in warmer weather.

- We are committed to ensuring children are kept hydrated with drinks, particularly water, which is available and encouraged regularly throughout the day, especially during warmer weather and physical activity.

### **Monitoring and Review**

- We will regularly monitor and review the effectiveness of our practice and will update this standard on an annual basis in-line with renewing our Sun Safe Schools annual accreditation.