

Sunsafe Guide

Introduction

It is the school's policy to ensure the well being of each and every member of the school community through managing and enabling sunsafe procedures.

Education and Information

◦ Even when there is cloud cover it is still possible to be harmed by the sun's UV rays.

◦ It is important to drink plenty of water in order to prevent dehydration.

BE SUNSAFE

It's as easy as 1... 2... 3...



Put on a hat that shades your face and neck. Also, try to wear clothing that covers your arms and legs.



Apply a broad-spectrum sunscreen with an SPF of 30 or higher on all exposed skin.



UV rays from the sun are most powerful between 11:00 a.m. and 4:00 p.m. So plan your outdoor activities around this window of time. If outside, trees make great shade stops.

Key Information

- Parents/Carers are advised of their responsibility to apply sunscreen before the school day, if they feel it appropriate.



- Children should bring in their own named SENSIBLE hat to protect their eyes and head from direct sunlight. We will encourage hats to be worn at playtimes, lunchtimes and if appropriate in P.E.



- Sunglasses are not required in school for the periods children are outside, they rarely stay on for long and are easily and often lost or broken.



- Children are encouraged to bring in extra water to drink in named water bottles.



- Water is available in the classroom, lunch hall and playgrounds at points throughout the day .

- Please remind children to seek shade when it is hot.



Hydration

- Children are encouraged to use water facilities sensibly on school premises during the school day and be reminded to keep drinking throughout the school year and especially during hot spells.
- Parents/Carers are responsible for providing enough water for their child during off site visits.

The Use of Sunscreen

- Parents/Carers are advised that it is their responsibility to apply sunscreen before the school day.
- Sunscreen that is brought into school for an exceptional reason must be named and within its expiry date. It must be handed to an adult. Children will need to be taught by their Parents/Carers how to apply the sunscreen.
- School staff **will not** be responsible for applying sunscreen to children.
- Parents/Carers are asked to prepare their child for exposure to the sun if they are on school trips.
- If the risk of sun is extremely high outdoor learning, physical educational or off site activities may moved or adapted as appropriate.
- Adults working or visiting the school will be responsible for their own, personal sunsafe procedures.