



## **Cranborne Middle School**

### **Sun Protection Policy**

*October 2010*

At Cranborne Middle School we want our staff and pupils to enjoy the sun safely. We will work with staff, students and parents to achieve this.

#### **Rationale**

Skin cancer is one of the most common cancers in the UK but many of these cases could be prevented. Most skin cancers are caused by UV radiation from the sun and if we protect ourselves from the sun then we can reduce our risk. This is particularly important for children and young people whose skin is more delicate and easily damaged. Sunburn in childhood can double your risk of skin cancer.

#### **Aim**

This policy has been drawn up with the intention of enabling all who work at Cranborne Middle School (pupils and staff) to enjoy the sun safely.

#### **Education**

- Pupils will receive at least one lesson on sun protection during PSHCEE.
- Parents/carers will be sent a letter explaining what the school is doing about sun protection and how they can help at the beginning of the summer term.
- Pupils will have an assembly on the importance of sun protection.
- Staff will be given advice on sun protection so that a whole school approach is achieved.

#### **Protection**

- The picnic area outside Crumbs café has parasols shading the picnic tables.
- Portable shelters are erected on the field to provide shade during breaks and lunchtimes.
- The field is lined with mature trees that provide shade for pupils wishing to spend time outdoors.
- Pupils are advised to apply SPF 15+ sunscreen and/or wear wide brimmed hats when outside during breaks and lunchtimes. Baseball caps offer some protection but are not ideal as they leave the neck exposed.
- Pupils are encouraged to make use of available shaded areas when outside.
- Children's eyes are very sensitive to light. It is important therefore to protect their eyes by ensuring sunglasses have UV protection (look for BS EN 1836:1997 on the label).

#### **Outdoor activities/visits and PE lessons**

- Pupils are encouraged to apply SPF 15+ sunscreen for all outdoor trips and activities, such as PE lessons.
- Pupils are encouraged to wear wide brimmed hats when appropriate, such as being a spectator on Sports Day, playing cricket, doing field work or any outdoor activity.
- Staff are encouraged to lead by example and apply SPF 15+ sunscreen and wear a wide brimmed hat when working outside.

**Sunscreen**

- Parents/carers will be encouraged to ensure their children are protected by long lasting sunscreen each day before they arrive at school.
- Pupils will be responsible for applying their own sunscreen in school.
- The use of sunscreen will be encouraged if the pupils are to spend any length of time outdoors on hot days e.g. on school trips.

Pupils are asked to bring in water bottles to school every day and are encouraged to bring in larger water bottles during the summer term.

**Reviewing and evaluating this policy**

- Review current health education guidelines annually.
- Incorporate Sun Protection lessons into curriculum