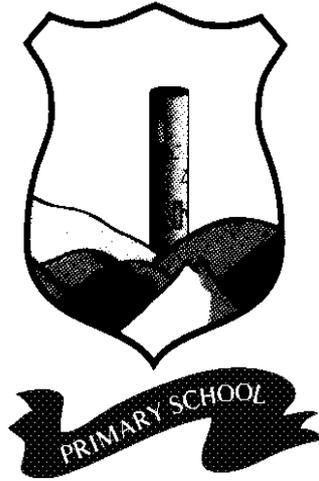


St. Joseph's
Carryduff



Sunsmart Policy

2018

St Josephs Primary School -
Sun Safety Policy

Why is sun protection important for children and young people?

Skin cancer is one of the most common cancers in the UK and the number of cases is rising at an alarming rate. The good news is that the majority of these cases could be prevented. Most skin cancers are caused by UV radiation from the sun. 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. You will not see the damage immediately because skin cancer can take years to develop. But children who are exposed to the sun now are storing up problems for the future.

What is the SunSmart campaign?

SunSmart is the national skin cancer prevention campaign run by Cancer Research UK. The SunSmart schools' initiative encourages schools to develop and adopt sun protection policies. They are part of a broader campaign communicating effective skin cancer prevention messages to the general public.

The five key SunSmart skin cancer prevention messages are:

Spend time in the shade between 11 and 3

Make sure you never burn

Aim to cover up with a t-shirt, hat and sunglasses

Remember children burn more easily

Then use factor 15 + sunscreen.

Why do we have a SunSmart sun protection policy?

Children have delicate skin that can be easily damaged by the sun's UV rays, particularly in the middle of the day. We have a responsibility to ensure that our pupils are protected from the harmful effects of the sun as much as possible during the school day. Although fair skinned people are more at risk from sun damage, sun protection is relevant to everyone.

The main elements of our sun safety policy include:

- **PROTECTION:** providing an environment that enables pupils and staff to stay safe in the sun
- **EDUCATION:** learning about sun safety to increase knowledge and influence behaviour
- **COLLABORATION:** working with parents, governors and the wider community to reinforce awareness about sun safety and promote a healthy school.

At St Josephs Primary School we want staff and pupils to enjoy the sun safely. We will work with staff, pupils and parents to achieve this through:

EDUCATION

- Each teacher will ensure that (s)he discusses sun safety with the children at the beginning of the summer term.
- We will talk about how to be SunSmart in assemblies at the beginning of the summer term.
- We will ensure we talk about sun safety before any trips and sports days.
- At the beginning of the summer term we will send a letter out to each family, encouraging them to assist us in our endeavour to keep the children safe in the sun.

PROTECTION

Shade:

- All our playgrounds have shaded areas in which the children are encouraged to sit and play when the sun is out.
- Any organised activities will make use of the shade available

Timetabling:

- Where possible, our sports days will take place first thing in the morning, to miss the most dangerous UV rays between 11am and 3pm.
- Other outdoor activities and events are planned outside of 11am-3pm where possible

Clothing:

- All children will be encouraged to wear hats when engaged in prolonged outdoor activities and sports lessons.

Sunscreen:

- Our school is unable to supply or apply sunscreen to the pupils in school. Parents will be encouraged to apply it before school if children are to be outdoors for prolonged periods, for example sports day or school trips. On these occasions, the children may bring a bottle of sunscreen with them to school (labelled with their name), but they must be able to apply it themselves.

We will monitor our progress and review the policy annually. During our annual "Keeping Healthy, Keeping Safe Week the Designated Teacher will lead a special assembly with both KS1 and KS2. See PowerPoint below:



The Sun

- There's nothing better than when it is nice and sunny!
- It means we can play outside with our friends, have a picnic in the park, go swimming in an outdoor pool- there are so many fun ways to make the most of the sunshine, especially when there is no school!
- Catching some rays is good for us too. It is our primary source of vitamin D, which helps us get stronger bones.
 - However it is important to stay safe in the sun.

Ultraviolet Rays

- Even though the sun is millions of miles away, we still need to be careful when out in the sun.
 - The sun's invisible "UV" rays can cause burning and other skin damage.
- Fortunately there are plenty of ways to ensure that you are not hurt by "UV" rays:



Slip, Slap, Slop



- **Slip** on a long sleeve shirt when you are outside in the sun.
- **Slap** on a wide brimmed hat to protect your face and the back of your neck.
- **Slop** on some sunscreen.



Sunscreens

- Be sure to put sunscreen all over your body. This includes places you might not think of- like the tops of your ears, the back of your neck, any parting in your hair and the tops of your feet.



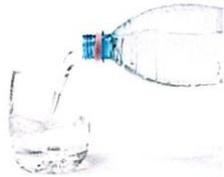
Sunglasses

- Don't forget that your eyes also need protection from UV rays. So always wear sunglasses in the bright sun.



Keep Drinking

- When the weather is hot, it is important to drink lots of water because this will help your body to cool down.



One last thing...

Can you remember what the three important S words were?