



SUN PROTECTION POLICY FOR YSGOL Y LOGIN FACH

The United Nations Convention on the Rights of the Child (CRC) is at the heart of our school's planning, policies, practice and ethos. As a rights-respecting school, we not only teach about children's rights but also model rights and respect in all relationships - Linked to Articles 19 and 36.

Rational

Too much exposure to ultraviolet light (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of skin cancer. There is enormous potential for schools to help prevent skin cancer in future generations. Schools are central to protecting children's skin this is because:

- 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.
- Students and teachers 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.

Sun protection strategies

At y Login Fach we encourage students and staff to wear protective clothing during Spring and Summer term

- School Clothing is made of close weave fabric and includes shirts with collars and longer sleeves, longer style dresses and shorts. Sports clothes should not include vest style tops.
- Hats children are requested to wear hats that protect their face, neck and ears such as legionnaire or bucked hats, when they are outside.
- Sunglasses Children's eyes are very sensitive to light. It is important therefore to protect their eyes by ensuring they wear wide-brimmed hats and sunglasses if possible. Make sure the sunglasses have UV protection. (Look for BS EN 1836:1997 on the label.)

Sunscreen must be applied before coming to school. Covering up and seeking shade are the most important sun protection measures. In addition, sunscreen can provide protection to exposed skin. However, sunscreen should not be used to increase the amount of time spent in the sun. Parents and pupils are requested to apply sunscreen before school starts – SPF 15 or above. Children are encouraged to bring in sun cream for application at lunchtime.

Shade

- The school has a number of shaded areas provided by trees in the school grounds particularly in areas where students congregate.
- In consultation with the education department, shade provision is considered in plans for future buildings and grounds.
- Children are encouraged to make use of available shaded areas when outside and during breaks and dinner hour.

Role modelling

- Staff are encouraged to act as role models by;
- Wearing protective hats, clothing and sunglasses when outside.
- Apply SPF 15+ broad spectrum, water resistant sunscreen.

- Seeking shade whenever possible.
- Families and visitors are encouraged to use a combination of these sun protection measures when attending and participating in outdoor activities.
- We endeavour to schedule outdoor activities before 11.30 am or after 2.00pm.
- We include sun dangers in the curriculum.
- We encourage parents to support the school by acting as role models and providing protection for their children.
- Be positive in your approach. Allow sun protection strategies to be fun, involve everyone, and provide choices.
- We encourage parents to buy sun protection materials and use shady structures.
- We remind parents about applying sunscreen and providing their children with sunglasses and hats in regular newsletters or letters informing them of class trips.

Reviewing and evaluating the policy

- We consider current health education guidelines and implement any change as required.
- We review how sun protection is incorporated into the curriculum.

Review

This sun protection policy is reviewed annually or before if legislation changes.

Further Advice can be obtained from:

<http://www.sunsmart.org.uk/>