

# Sunscreen Policy

May 2016



Oakway Academy believes in promoting Sun Safety to ensure that children and staff are protected from skin damage caused by the harmful ultra-violet rays in sunlight.

## **RATIONALE**

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.

## **PARTNERSHIP**

- Sun safety will be promoted through working with parents, academy committee and the wider community to improve our understanding and provision to avoid the harmful effects of too much exposure to ultraviolet light (UV).
- Staff should act as positive role models and set a good example by seeking out the shade whenever possible and wearing suitable clothing, hat and sunscreen.
- Relevant professional (school nurses and health promotion officers) will be invited into the school periodically to advise the school on 'sun safety'.

## **EDUCATION**

- Annually a special assembly will be dedicated to 'Sun Safety'. This will emphasise the 5 S's of Sun Safety including: SLIP SLOP SLAP - to SLIP ON A T-SHIRT, SLOP ON THE SUNSCREEN, SLAP ON A HAT.
- At appropriate times during the year children will be reminded through our assemblies about 'How to be Sun Safe'.
- The curriculum for all year groups will include aspects of 'Sun Safety' annually.

- Parents and Guardians will be asked through letters/newsletters to support this policy by encouraging their children to adopt the Slip, Slop, Slap message and act as role models.
- Children will be encouraged to use the shaded areas of the school during playtimes.

## **PROTECTION**

### **Shade:**

The school playground/field has shade provided either by the school building, outdoor shelters and trees. Children will be encouraged to use the shaded areas of the school during playtimes when appropriate.

### **Clothing:**

The children will be encouraged to wear clothes that provide good sun protection.

The children should supply themselves with legionnaire or bucket style hats to protect their face, ears and back of their neck. The hats can remain in school at all times (between March and end of September) and be easily accessible.

### **Drinking Water:**

Children are encouraged to increase their water intake in hot weather and are encouraged to drink water during break times and lunch times. Every child can bring a clearly labelled water bottle to school every day however classrooms provide drinking water and cups.

## **SUNSCREEN**

Oakway Academy wishes to encourage students to protect themselves from the sun. One way of doing this is to use sunscreen at the appropriate time. If a pupil is to use sunscreen at school, parents are asked to:

1. Provide the sunscreen product for use in school. The sunscreen must be:
  - a. Minimum SPF 30, 4 star UVA
  - b. Clearly marked with the child's name.
  - c. Replenished by the parent as needed.
2. The sunscreen product will be stored in the classroom medical box or other location designated by the teacher.
3. The child must be able to apply his or her own sunscreen.
4. Children should apply sunscreen at home before a typical school day. Most children will be encouraged to reapply their own sunscreen with support and guidance from an adult. If it is considered necessary for teachers/staff to assist with the application of sunscreen, the sunscreen will only be applied to face, neck, arms, hands and lower legs.

This policy will be reviewed annually.