



Sun Protection Policy

The United Nations Convention on the Rights of the Child is central to the plans, policies, practice and ethos of our school. As a Rights Respecting School, we teach about children rights and we also model rights and respect in every relationship, associated with Article 19 and 36.

Rationale

Receiving too much UV rays from the sun on the skin causes sunburn, it damages the skin and it increases the risk of skin cancer. Having too much sun during the first 15 years of life significantly contributes to the risk of developing sun cancer in life. There is a massive potential for schools to help prevent cancer in future generations. Schools are pivotal in protecting children's skin because:

- Children are in schools five days a week during times when UV rays are strong.
- Most of the damage is due to too much sun during school years.
- Schools can play a significant role whilst changing behaviour by modelling role and education.
- Pupils and teachers are in danger of suffering sunburn within 10-15 minutes of being outside in strong sunshine.
- Pupils spend an average of 1.5 hours outside during the school day, more if they take part in sport and outdoor activities.
- It's possible to prevent skin cancer to a large extent by adapting behaviour and sun protection during the early years.

Sun protection strategies

At Ysgol Gymraeg Pontybrenin, we encourage pupils and staff to wear protective clothing during the summer term.

- Sports clothes shouldn't include vest tops.
- Pupils are asked to wear hats that protect their faces, neck and ears such as legionnaire hats or bucket hats when outside.
- Children's eyes are very sensitive to light. It is therefore important to protect their eyes by ensuring they wear sunglasses with UV protection if possible. (Look for BS EN 1836:1997 on the label.)

Sun lotion - applying to the skin and looking for shade are the most important sun protection measures. Also, sun lotion can also provide protection to exposed skin. Parents and pupils are asked to apply sun lotion to their skin before school starts - SPF 30 or higher. Pupils are encouraged to bring sun lotion to school to apply dinnertime.

Shade

- The school has some shaded areas that provide shade on school land, particularly in places where pupils gather.
- Shade availability is taken into account when planning trips and all outdoor activities.
- Pupils are encouraged to use the shaded areas that are provided when outside and during breaktimes and lunchtime.

Role Models

- Staff are encouraged to be role models by:
 - Wearing hats, protective clothing and sunglasses when outside;
 - Applying waterproof sun lotion with a SPF of 30.
 - Seek shade wherever possible.
- We endeavour to organise outdoor activities before 11.30am or after 2.00pm.
- We include dangers of the sun in the curriculum;
- We encourage parents to support the school by being role models and providing their children with sun protection;
- Having a positive attitude. Let sun strategies be fun; go about including everyone and giving options;
- We encourage parents to buy sun protection materials and to use shade;
- We remind parents regularly about using sun lotion and giving their children sunglasses and hats, including when informing them of school trips;

Reviewing and evaluating the policy

- We consider current health education guidelines and apply any changes as required;
- We revise how sun protection is included in the curriculum;

Further information is provided on:

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

Adopting the policy

Date the policy was adopted by the governing body: 16/6/21

Date the policy was certified by the governing body: 16/6/21

Chair of Governors signature: