



Dear Parent or Guardian,

I am writing to tell you about our Sun Safety Policy.

We have developed this with the help of the local authority, parents, teachers and pupils to ensure that we can all enjoy the sun safely over the coming months.

The sun's rays are particularly strong over the summer and they can damage children's skin. This may not seem like a problem right now, but sadly it can lead to **skin cancer** in later life. Your child's health and well-being are very important to us, which is why we have decided to:

- ❖ increase the amount of school time spent learning about sun protection
- ❖ provide more shade in the playground
- ❖ encourage pupils to wear wide brimmed hats rather than sunglasses when outside, in line with our policy
- ❖ encourage pupils to use at least factor 15+ sunscreen in summer months.

More details of these and other new sun protection plans can be found in our Sun Safety policy which I am attaching to this letter.

Your support is very important if our policies are going to work. You can help by:

- ❖ talking to your child about the importance of sun protection at home ensuring that, during hot weather, your child has sun screen on at the beginning of the school day
- ❖ sending your child to school with a wide brimmed hat

Together I hope we can have a very happy and safe term to come!

Yours sincerely

Mrs M Atkins  
Headteacher



## **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 ultraviolet (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 over-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:

**S** tay in the shade 11-3

**M** ake sure you never burn

**A** lways cover up - wear a t-shirt, hat and wraparound sunglasses

**R** emember children burn more easily

**T** hen use at least factor 15+ sunscreen.

### **Why have a SunSmart sun safety policy?**

We get around 80% of our sun exposure by the age of 21 and much of this exposure occurs when at school. Schools have a responsibility to ensure that 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 both fair and dark skinned children.

### **Procedures**

- ❖ Gazebos are put up in the playground/on the field to provide shade.
- ❖ All children are encouraged to wear wide brimmed hats rather than sunglasses to ensure that they can play safely.
- ❖ Parents are encouraged to apply sun cream before their child comes to school.
- ❖ Children are allowed to bring sun cream into school. This needs to be named and the child should be able to apply the cream themselves. The cream will remain in their bookbag.

Developing a SunSmart Sun Safety Policy is an important step towards encouraging good health in line with national healthy schools programmes.



SUN SAFETY POLICY

Riverview CofE Primary & Nursery School believes in Sun Safety to ensure that children and staff are protected from skin damage caused by the harmful ultra-violet rays in sunlight.

As part of the Sun Safety policy, our school will:

Educate children throughout the curriculum about the causes of skin cancer and how to protect their skin;

Encourage children to wear clothes that provide good sun protection, and use sunscreens where appropriate;

Try to schedule outdoor activities at times other than the middle of the day when the sun's rays are most harmful;

Hold outdoor activities in areas of shade whenever possible, and encourage children to use shady areas during breaks, lunch-hours, sports and trips. Sunbathing is definitely discouraged;

Work towards increasing the provision of adequate shade for everybody;

Encourage staff and parents to act as good role models by practising sun safety;

Regularly remind children, staff and parents about sun safety through newsletters, posters, parents meetings and activities for pupils;

Invite relevant professionals (such as dermatologists, school nurses, and health promotion officers) to advise the school on sun safety;

Make sure the Sun Safety Policy is working. We will regularly monitor our curriculum, assess shade provision, and review the sun safety behaviour of students and staff (use of hats, shade etc)

Signed:..... Date:.....