



# WINDLESTONE SCHOOL

## Sun Protection Policy

&

## Strategy



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### INTRODUCTION

This policy and strategy has been informed by Cancer Research UK SunSmart Guidelines for Secondary Schools.

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. Protection from the sun then can reduce the risk. This is particularly important for children and young people whose skin is more delicate and easily damaged than that of adults. However, within school staff play an important modeling role for students.

Sunburn in childhood can double the risk of skin cancer. Damage is not seen immediately because skin cancer can take years to develop.

The five key skin cancer prevention messages are:

- stay in the shade until 4
- make sure you never burn
- always cover up - wear a t-shirt, hat and wraparound sunglasses
- remember children burn more easily
- use factor 15+ sunscreen.

### RATIONALE

80% of our exposure to the sun is achieved by the age of 21. Much of this exposure occurs when at school. Schools have a responsibility to ensure that students 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.

Developing a sun protection policy is an important step towards encouraging good health in line with national healthy school programmes.

This Policy & Strategy is one of a series design to Safeguard & Promote Student Welfare.

### SCOPE

This Policy & Strategy applies to all students and staff of Windlestone School.

### AIMS

The three aims of the policy and strategy are:

- **Protection:** providing an environment that enables students 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.

## **IMPLEMENTATION**

It is important to raise awareness of why we need sun protection if you want to encourage students to change the way they behave in the sun. Awareness can be raised by:

- incorporating the need for sun protection into the curriculum
- actively promoting the need for sun protection in school meetings at the start of the Summer Term
- staff praising students adhering to sun protection guidelines
- staff reminding students of the need for sun protection during social times if they are ignoring guidelines
- informing parents of the need for sun protection in such as newsletters

The school environment can protect students from the sun. At Windlestone:

- trees have been planted to provide long-term shade
- the design of the building allows students to seek out shady areas at all times of the day
- seats and equipment are sited in shady areas
- organised activities should make use of the shade available
- outdoor activities and events are planned outside of 11-3 where possible from April until September
- the morning break has been extended to 20 minutes and the lunchtime break reduced

Although the school has no uniform students should be encouraged to:

- wear hats when outside
- wear tops that cover their shoulders (vests and strappy tops should be discouraged)
- wear UV protective sunglasses

The school will change its athletics sports uniform from vests to t-shirts over the next 2 years.

It would serve as appropriate role models if staff wore suitable hats and clothing too.

Sunscreen is the last line of defence. It is useful for covering exposed areas of skin when shade and protective clothing are not practical e.g. during outdoor PE lessons and school excursions. At Windlestone:

- students are allowed to bring in their own personal supply of sunscreen
- staff should remind students to reapply sunscreen regularly, particularly at midday
- a school stock of factor 15+ sunscreen will be purchased and kept in the medical room and on each of the two living units

Our students spend more time at home than at school. Parents and carers will be sent a letter explaining what the school is doing about sun protection and how they can help at the beginning of each summer term. Their support is very important to our policy and strategy. Parents and carers will be encouraged to:

- use sun protection at home
- send their child to school in the summer with a hat and provide sunscreen for him/her to use in school

## **REVIEW**

This policy and strategy will be regularly reviewed.  
PM Jonson, June 2006