

Ysgol Bro Tawe
Sun Protection Policy

The United Nations Convention on the Rights of the Child (UNCRC) 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 right but also model rights and respect in all relationships. Our belief in 'restorative approaches' ensures that every child is listened to.



Article 3: Everyone who works with children should always do what is best for each child.

Article 6: You have the right to life and to grow up to be healthy.

Article 19: You should not be harmed and should be looked after and kept safe.

Article 36: You should be protected from doing things that could harm you.

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 fifteen 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 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 staff are at risk of sunburn within 10-15 minutes of being exposed to strong sunlight.
- Students spend an average of 1.5 hours per school day, more if involved in sports and outdoor activities.
- Skin cancer is largely preventable through behaviour modification and sun protection.

Sun Protection Strategies

At Ysgol Bro Tawe we encourage our pupils and staff to protect themselves:-

- By wearing clothes that are 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 wide brimmed hats (6cm – 10cm) that protect their face, neck and ears such as legionnaire hats when 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. Parents are requested to ensure sunglasses with wraparound lenses or wide arms with the CE Mark and British Standard Mark 12312-1:2013E.
- Using sunscreen at all times. Parents and pupils are requested to apply sunscreen before school starts each day – SPF 30 or above and at least 4 star UVA. Children are encouraged to bring in sun cream (with their name clearly labelled on the bottle) for application at lunch time or prior to games sessions.

Shade

At Ysgol Bro Tawe we have limited shaded areas but they can be accessed by pupils during break times. Staff will be mindful of the amount of time that pupils spend outside during hot weather. The availability of shade is considered when planning excursions and all outdoor activities.

Role Modelling

Staff are encouraged to act as role models by:-

- Wearing protective hats, appropriate clothing and sunglasses when outside.
- Applying sun protection factor SPF 30 + and at least 4 star UVA protection
- 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.

As a school we will endeavour to –

- Schedule outdoor activities before 11am or after 3pm
- Include Sun dangers in the curriculum. We use Sun Safe Schools Resources.
- Encourage parents to support the school by acting as role models and providing protection for their children.
- Being positive in our approach and allowing sun protection strategies to be fun.
- Remind parents of the key messages via letters, Schoops, etc.

Reviewing and evaluating the policy

At Ysgol Bro Tawe we consider current health education guidelines and implement any change as required. We endeavour to promote awareness of the dangers of the exposure to sun and seek ways to provide shaded areas for our pupils. Sun Safety is taught as part of our PSE curriculum and we regularly review how sun protection incorporated into the curriculum.