

The Rydal Academy

Sun Protection Policy

Accepted by: The Rydal Academy LGB January 2014

Approving Body: Local Governing Body

Committee: LGB

Review Cycle: 2 years

Last reviewed: October 2020

Date for next review: January 2023

Introduction

At The Rydal Academy we want staff and pupils to enjoy the sun safely. We will work with staff, pupils and parents to achieve this.

By encouraging sun safe behaviour at school and teaching children about the risks of sunlight we can prevent them burning and contribute towards prevention of skin damage caused by the harmful ultra-violet rays from the sun.

Education

School will have a focus assembly each year on 'How to be sun safe' and 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.

Protection

To enable protection of our pupils we have the following in place:

- The school playground has shade provided by the school building
- Access to water
- The school field has shade provided by trees
- T-shirts with sleeves will be worn during PE rather than vest tops
- Children will be encouraged to wear hats / caps during playtimes in sunny weather
- Length of time outdoors is monitored
- We will work towards providing additional shaded areas for pupils in the playgrounds (dependant on finance)

Sunscreen

Parents and carers will be encouraged to ensure that their children are protected by long lasting (factor 30+) sunscreen each day **before** they arrive at school and are protected by appropriate clothing as mentioned above. The sunscreen needs to be free from nut products to protect those children with allergies.

Points to remember

- It is now possible to buy sunscreens which are effective for up to eight hours once applied.
- Supermarket own brands are now available with this level of protection and may be considerably cheaper
- Covering up with a brimmed hat, long sleeves etc., is also effective in protecting children from the harmful effects of the sun.

Sun Protection

Dear Parents / carers,

I wanted to write and tell you about our **sun protection policy**. We have developed this with the help of parents, teachers and pupils to ensure that we can all enjoy the sun safely during school time.

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:

- have one focus Assembly on sun safety at the beginning of the Summer Term
- provide more shade in the playground (dependent on finance)
- encourage pupils to wear hats and t-shirts when outside
- pupils to use at least factor 30+ long lasting sunscreen in summer months.

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

- talking to your child about the importance of sun protection at home
- sending your child to school with a wide brimmed hat or cap
- applying long-lasting high protection sunscreen (nut free) to your children before school

School is committed to providing a safe place where children can play outside and be protected from skin damage caused by the harmful ultra-violet rays from the sun.

To allow us to continue providing safe outdoor play will you please refer to our Sun Protection Policy (available from the school office and school website).

Thank you for your support.

Yours sincerely

Mr J M Armitage
Headteacher



