



## Sun awareness and Protection Policy

### Eyemouth Primary School

At Eyemouth Primary School ELCC we acknowledge the importance of sun protection and want staff and children to enjoy the sun safely. Both children and staff should apply sunscreen, be encouraged to wear protective clothing, drink water and stay in the shade as far as possible. We will work with staff and parents to achieve this through:

#### **PROTECTION - this is more of an on-going process**

- *Shade:* When the sun is strong we will encourage children to sit/play in the shade (where it is available). The setting will avoid being outdoors in the middle of the day where appropriate.
- *Timetabling:* Children will spend more time playing outside before 11am and after 2pm.
- *Clothing:* Children are encouraged to wear hats that cover the ears, face and neck. Long sleeved tops or sunglasses will be encouraged. Information will be made available to parents through newsletters and/or noticeboards.
- *Suncream:* we request that parents/carers apply sun cream to their children before arriving. Children who are in all day will need to bring in their own clearly labelled bottle of suncream which is at least factor SPF50 and staff will apply this after lunch. A small supply of suncream will be in nursery for those who have forgotten or if the weather changes. Suncream should be applied at least 30 minutes before going outside. If cream has to be applied by the setting, consent can be found in individual care plans. Staff will keep a record of sun cream application in the setting via a dated ticklist made available on the wall beside the outdoor exit.
- *Water:* Children will be encouraged to stay hydrated and drink water regularly.

#### **Why is sun protection important for children and young people?**

Schools have a responsibility to ensure that children are protected from overexposure to UV rays from the sun. Skin cancer is one of the most common cancers in the UK and the number of cases is rising at an alarming rate. The majority of these cases could be prevented if we protect ourselves from the sun. Most skin cancers are caused by ultraviolet (UV) radiation from the sun. Children and young people's skin is more delicate and easily damaged. Follow the above steps to enjoy the sun safely. We all need some sun to make enough vitamin D. Enjoying the sun safely, taking care not to burn, should help to get a good balance without raising the risk of skin cancer.

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