

HIGHFIELD SOUTH FARNHAM  
SCHOOL

*The Continual Pursuit of Excellence*



SUN SAFETY

POLICY

REVIEW: ANNUALLY

LAST REVIEW DATE: 2025

## Highfield South

### Farnham School

#### Sun Safety Policy

At Highfield South Farnham School we are committed to our duty to safeguard and promote the welfare of 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. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of skin cancer. 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.

Studies have found that sunburn during childhood can increase the risk of skin cancer later in life. You may 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.

Children are at school five out of seven days a week at times 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 teachers are at risk of sunburn within 10-15 minutes of being exposed to strong sunlight.
- Students spend an average of 1.5 hours outside per school day, more if involved in sports and outdoor activities.
- Skin cancer is largely preventable through behaviour modification and sun protection during early years.

#### **The main elements of this policy are:**

- Partnership: working with parents/carers, governors, our school nurse and the wider community to reinforce awareness about sun safety and promote a healthy school.
- Education: learning about sun safety to increase knowledge and influence behaviour.
- Protection: providing an environment that enables pupils and staff to stay safe in the sun.

#### **PARTNERSHIP**

- Sun safety will be promoted through working with parents, governors and the wider community to improve our understanding and provision to avoid the harmful effects of too much exposure to ultraviolet light (UV).

- Staff should act as positive role models and set a good example by seeking out the shade whenever possible and wearing suitable clothing, hat and sunscreen.

## **EDUCATION**

- Annually a special assembly will be dedicated to 'Sun Safety'. This will emphasise the 5 S's of Sun Safety including: SLIP SLOP SLAP - to SLIP ON A T-SHIRT, SLOP ON THE SUNCREEN, SLAP ON A HAT.
- The curriculum for all year groups will include aspects of 'Sun Safety' annually.

## **TIMETABLING:**

- Foundation Stage staff will take children out for shorter periods of time and also encourage children to play in the shaded areas.

## **CLOTHING:**

- Sun hats are available to order on the school uniform site.
- All children will be encouraged to cover up in sun with hats and sunglasses.
- Lunchtime staff can set an example by wearing hats when on playground duty.
- Parents are encouraged and reminded to ensure that high factor/8 hour sun screen is applied to children before school on very hot days. Children can bring in their own labelled bottle of sunscreen.

## **REHYDRATION/ DRINKING WATER:**

Children are encouraged to increase their water intake in hot weather and are encouraged to drink water during break times and lunch times. Every child should bring a water bottle to school every day, these can be refilled throughout the day. Children are allowed to keep their water bottle in the classroom and are allowed to drink from it throughout the day. Children are reminded to drink water throughout the day and during the year children will be reminded through our assemblies about 'How to be Sun Safe'. Water is provided in the dinner hall at lunchtimes.

## **PROTECTION**

- Children will be encouraged to use the shaded areas of the school during playtimes.
- We have roofed picnic benches that provide shade and there is plenty of shade under the trees.
- Children are allowed to keep their water bottle in the classroom and are allowed to drink from it throughout the day,

- There are water fountains in the cloakrooms which children can use during playtimes,
- Children will be encouraged to use the shaded areas of the school during playtimes when appropriate. Children can sit inside to get shade. Water bottles are available at lunch/break times.