



## Sun Safe Policy

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## 1. Rationale & Intent

Hampstead Hill School recognise that some sunshine is good for the children's skin while acknowledging that over-exposure to Ultraviolet Radiation (UVR) is a significant safeguarding issue. During the warmer months of the year, children are exposed to UVR from the sun, often when penetration is strongest (between 11am and 3pm). Without adequate protection, a child's delicate skin can easily burn, causing cumulative and irreparable damage ([Sun Safe Schools](#)). Our Sun Safety Policy intends to safeguard our children and educate them around the dangers from sun exposure.

## 2. Education – Sun Safe

In assemblies we will talk about how to be Sun Safe in the Summer term and model this at every opportunity throughout the Summer and early Autumn terms. Teachers and Teaching Assistants will reinforce the messages and procedures expressed in this policy before the children are exposed to the Summer sun.

## 3. Protection from the sun outdoors

### 3.1 Shade

When the sun is strong, we will encourage children to sit/play in the shade where it is available. Where possible, outdoor activities will take place in the shade.

### 3.2 Clothing

- When outside in sunny weather, children must wear their regulation sun hats
  - These must be clearly named and remain at school
- The school uniform ensures that only small amounts of the children's skin is exposed to the sun.
- Staff will be encouraged to wear suitable hats and clothing when on playground duty and teaching outdoors on sunny days to reinforce the Sun Safe message.

### 3.3 Sunscreen

- When the sun is strong during the Summer months, parents are periodically reminded to apply sunscreen to their children before they arrive at school.
  - All sunscreens must be SPF 25 or above.
- Sunscreen must be applied on days when the sun is strong – to offer protection during Summer at lunch breaks, during PE lessons and on school trips.
- We will ask parents for permission to remind children to re-apply sunscreen when necessary.
  - Hampstead Hill School will stock and apply a pharmaceutical sunscreen that is free of all allergens to children. The product's details are as follows:

At HHS, we use a children's factor 50 sunscreen which is sensitive, fragrance free, dye free and has UVB & UVA protection.

Please note, Children are not permitted to bring their own sunscreen to school.

### 3.4 Hydration

- Children will be allowed to drink water during lessons.
- Water is available in classrooms for all children. Children are encouraged to drink water at various times throughout the day.
- Children are never prevented from having water.
- When the weather is hot teachers may introduce short water 'breaks' planned into the lessons to raise awareness of the importance of healthy hydration.



- Water is available when the children attend PE lessons or go on school trips.

## 3.5 Timetabling

In the Summer months we will aim to schedule outside activities and school trips before 11am and after 3pm if appropriate. If this is unavoidable, we will ensure hats, clothing and sunscreen are all worn to prevent sunburn.

## 4. Extreme Heat


The Department for Education has added extreme heat to school emergency planning guidance. Schools are advised to stay open during severe weather, however, it may be necessary to close due to inaccessibility or risk of injury. Potential considerations may include non-uniform days, keeping pupils inside during breaktimes and earlier finish times to keep children cool. The Headteacher will communicate any changes to parents.

## 5. Protection from the sun indoors

- Windows and other ventilation openings will be opened during the cool of early morning to allow stored heat to escape from the building.
- The use of electric lighting will be kept to a minimum during heatwaves.
- All electrical equipment, including computers and monitors will be switched off when not in use and will not be left in standby mode.

## 6. Maintaining children's health during hot weather conditions

- Children will be encouraged to eat normally.
- Children may bring their own labelled water bottles to school.
- They will be encouraged to drink plenty of water on hot days.
- Classroom layouts will be adjusted if necessary to avoid direct sunlight on children.

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