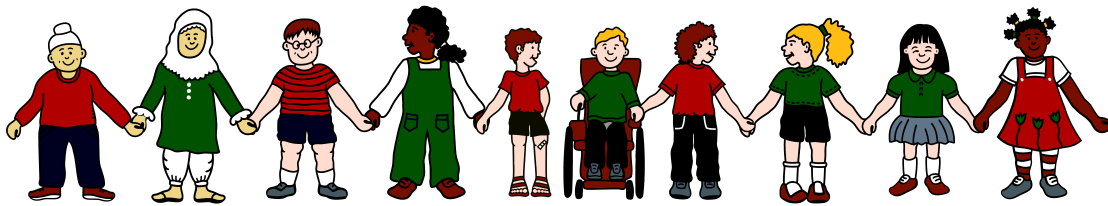


**THE GILES  
NURSERY  
AND  
INFANTS' SCHOOL**



**Sun Safety Policy**

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## **Sun Safety Policy**

### **Introduction**

At The Giles Nursery and Infants' School we hope staff and pupils will enjoy the sun safely whilst respecting the need to protect against its potentially harmful effects. As part of this sun safety policy, we will work with staff, pupils and parents/carers to achieve this through education, offering protection and timetabling adjustments.

### **Aim**

The aim of this sun safety policy is to educate children and staff at The Giles Nursery and Infants' School about the skin damage caused by the harmful ultraviolet (UV) radiation and to promote behaviours that minimise sun exposure risk.

The main elements of this policy are:

- Protection: creating a safe environment with access to shade and encouraging appropriate clothing and sunscreen use.
- Education: teaching children about sun safety and the dangers of UV exposure.
- Partnership: working with parents/carers, governors, healthcare professionals, and the wider community to reinforce awareness and promote healthy behaviours.

To ensure that children and staff are protected from skin damage caused by the harmful ultra-violet rays in sunlight.

### **Policy objectives**

As part of the sun safety policy, The Giles Nursery and Infants' School will:

- Integrate sun safety into the curriculum, addressing causes of skin damage and ways to prevent it.
- Encourage children to wear loose-fitting clothes, protective clothing and wide-brimmed hats or caps with neck flaps.
- Discourage outdoor activities between 11:00 am and 3:00 pm where possible.
- Promote the use of broad spectrum, water-resistant sunscreen (SPF 30+), applied before school by parents/carers, regardless of ethnicity, skin tone, or hair type, as all skin can be damaged by UV rays.
- Prioritise outdoor activities in shaded areas and encourage children to use natural shade during breaks and games lessons.
- Encourage staff to find shady areas for children during off-site visits and trips.
- Continuously work to improve access to shaded areas on school grounds.
- Encourage staff and parents to act as good role models by practicing sun safety.
- Regularly remind children, staff and parents about sun safety through newsletters, posters, parents', and activities for pupils.
- Invite relevant professional (school nurses and health promotion officers) to provide sun safety guidance.
- Monitor implementation of sun safety practices through observation and feedback.

### **Suggestions to help cope with hot weather**

- Pupils should wear sun-protective hats (e.g. with extra neck coverage) and light, breathable clothing.
- Sunscreen should be applied at home before school; long-lasting, broad-spectrum formulas above SPF 30 are recommended.
- Teachers will assess classroom temperatures and move lessons to cooler spaces if needed.
- Children will be encouraged to stay hydrated with named, refillable water bottles containing still water.
- Open windows and doors where safe, and close blinds to reduce heat.

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- Turn off non-essential lights and electrical equipment as they generate heat.
- PE lessons will be planned to minimise heat exposure; in extreme heat, activities will be shortened with rest and hydration breaks.
- Sports Day plans will be adjusted based on the weather; children should not spectate for more than 20 minutes at a time without shade.
- Children with asthma, breathing difficulties or other relevant health conditions should avoid excessive physical exertion. Staff must be aware of children who have a low tolerance to hot/humid conditions.
- Staff must also ensure they drink water regularly and take precautions against the effects of high temperatures and over-exposure to the sun.
- Medications requiring cool storage will be kept below 25°C where necessary.

### **Heatstroke awareness**

In rare cases, extreme heat or sun can cause heatstroke.

Heatstroke symptoms to look out for include:

- Cramp in arms, legs or stomach.
- Feeling of mild confusion or weakness.

If anyone has these symptoms, they should rest for several hours, keep cool and drink water or fruit juice.

If symptoms get worse or do not go away medical advice should be sought. NHS Direct is available on 111.

If you suspect a member of staff or pupil has become seriously ill, call an ambulance. Inform the school office and a member of the senior leadership team. If possible, enlist the help of a member of staff who is a qualified first aider. Whilst waiting for an ambulance:

- If possible, move the person somewhere cooler.
- Increase ventilation by opening windows or using a fan.
- Cool them down as quickly as possible by loosening their clothes, sprinkling them with cold water or wrapping them in a damp sheet.
- If they are conscious, give them water or fruit juice to drink.
- Do not give paracetamol.

### **Further information**

Check the weather forecast and any high temperature warnings at [www.metoffice.gov.uk](http://www.metoffice.gov.uk)

For further information about how to protect your health during a heat wave visit NHS Choices at [www.nhs.uk/summerhealth](http://www.nhs.uk/summerhealth)

Cancer Research UK's page on 'Sun, UV and cancer SunSmart policy' at <https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/sun-uv-and-cancer>

#### Policy review

This policy will be reviewed every two years by the senior leadership team to ensure that it remains aligned with current guidance, increased climate-related risks, and environmental conditions.