

# USE OF SUNSCREENS POLICY

## COWLING COMMUNITY PRIMARY SCHOOL

Cowling Community Primary School believes in promoting Sun Safety to ensure that children and staff are protected from skin damage caused by the harmful ultra-violet rays in sunlight.

As part of our Sun Safety Policy we will:

- Educate children throughout the curriculum about the causes of skin cancer and how to protect their skin;
- Encourage children to wear clothes that provide good sun protection, and use sunscreens where appropriate;
- Seek shade, particularly in the middle of the day and to use shady areas during breaks, lunchtimes, sports and trips.
- Encourage staff and parents to act as good role models by practising sun safety;
- Regularly remind children, staff and parents about sun safety through newsletters, posters and activities for pupils;
- Drink plenty of water during hot, sunny weather;
- Make sure the Use of Sun Screens Policy is working. We will regularly monitor our curriculum, assess shade provision, and review the sun safety behaviour of students and staff (use of hats, shade, etc).

Cowling School wishes to encourage students to protect themselves from the sun. One way of doing this is to use sunscreen at the appropriate time. If a pupil is to use sunscreen at school, parents are asked to:

1. Provide the sunscreen product for school use. The sunscreen must be:
  - a. Clearly marked with the child's name.
  - b. Replenished by the parent as needed.

2. The sunscreen product will be stored in the child's book bag or other location designated by the teacher.
3. The child must be able to apply his or her own sunscreen (except Nursery and Reception children).
4. For Nursery and Reception parents: They are asked to apply sunscreen at home before a typical school day, this will be reapplied as necessary by staff.

If it is considered necessary for teachers/staff to assist with the application of sunscreen, the sunscreen will only be applied to face, neck, arms, hands and lower legs. Parents are asked to provide written instruction to teachers for their child's individual needs.

<b>Signed</b> .....	<b>Date</b> .....
.....	
<b>Date</b> .....	<b>Review</b>



**Model letter to parents informing them about the  
school's approach to sun safety.**

Date

Dear Parent

**Sun Safety at School**

The school is concerned about protecting staff and pupils from sunburn and from skin damage that can be caused by the harmful ultra-violet rays in sunlight. Skin cancer is the most common form of cancer in the country. As sunburn and almost all skin cancers are caused by the sun, it is possible to prevent this happening. The school believes that by encouraging sun safe behaviour at school and teaching children about the risks of sunlight, we can prevent them burning and contribute towards preventing skin cancer.

The school would like your help and support in this matter. We will be encouraging children to avoid sunburn and overexposure to the sun by:

- **seeking the shade, particularly during the middle of the day**
- **wearing suitable hats**
- **wearing clothing that protects the skin, particularly for outdoor activities and school trips**
- **using a high factor sunscreen (SPF 15+).**

Staff will be encouraged to set an example. Some children are at greater risk of sunburn than others. Fair skinned, freckled children who burn easily are most at risk from overexposure to the sun and need to take great care when out in the sun. Brown skinned children have a much lower risk of sunburn but still need to take care and protect themselves in stronger sunlight. Black skinned children hardly ever burn and have a very low risk of skin cancer. Those with brown or black skin do not normally need to use sunscreen in the UK but should avoid overexposure to the sun to prevent dehydration and overheating. Teachers and support staff on outdoor duties or in charge of

school outings will remind those most at risk of burning to cover up in the sun and use sunscreen.

You can help by encouraging your child to bring, and wear, a hat at school, particularly on sports days and school excursions. Also by encouraging your child to wear longer sleeved shirts and longer shorts when outdoors. The school will remind parents of the sun safety policy from time to time, particularly around the start of the summer term, sports days, and outings.

Sunscreens provide added protection and may be useful when other measures are not available. Dermatologists recommend that a sunscreen with a sun protection factor (SPF) of 15 or above will provide children in this country with adequate protection.

This school encourages parents to provide sunscreen for this purpose. Western Primary School wishes to encourage students to protect themselves from the sun. One way of doing this is to use sunscreen at the appropriate time. If a pupil is to use sunscreen at school, parents are asked to:

1. Provide the sunscreen product for school use. The sunscreen must be:
  - a. Clearly marked with the child's name.
  - b. Replenished by the parent as needed.
2. The sunscreen product will be stored in the child's book bag or other location designated by the teacher.
3. The child must be able to apply his or her own sunscreen (except Nursery and Reception children).
4. For Nursery and Reception parents: You are asked to apply sunscreen at home before a typical school day, this will be reapplied as necessary by staff.

If it is considered necessary for teachers/staff to assist with the application of sunscreen, the sunscreen will only be applied to face, neck, arms, hands and lower legs. Parents are asked to provide written instruction to teachers for their child's individual needs.

I would ask that you complete the attached form so that the school has a record of your support for the sun safety policy and your wishes with regard to sunscreen use by your child/ren. Please note that the school does not permit the use of aerosol sprays.

Yours sincerely

Head Teacher

## Model Parental Consent Form

The school wishes to encourage pupils to protect themselves from the sun. One way of doing this is to use sunscreen at the appropriate time. You are asked to sign this form to show that you have received the letter about the school's approach to sun safety and support the school's policy.

Not all children are at equal risk of sunburn. If your child is at risk and you wish him/her to use a sunscreen at school, please indicate this below. You are asked to say whether you will provide a sunscreen.

**Nursery/Reception Parents Only.** The school policy states that whenever possible teachers will supervise the application of sunscreen. Sometimes it may be necessary for teachers or support staff to help children apply the sunscreen. Please indicate below whether you are happy for approved teaching or support staff to do this.

If your child has any allergies or skin sensitivities you may want to check with your GP before providing a sunscreen. The school will inform you if your child has any adverse reaction that may be due to the sunscreen.

### PUPIL DETAILS

Surname:

Forename(s):

Address:

M/F      Date of Birth:

Class/form:

Please tick:

I have read and support the school's sun safety policy.

I will provide my child/ren with a non-aerosol sunscreen product (SPF 15+) for use at school and on school outings in accordance with the school's procedures.

I give my permission for approved teachers and support staff to apply sunscreen when this is considered necessary. (Nursery/Reception Pupils ONLY).

Signature ..... Date .....