



THE
KING'S SCHOOL
CANTERBURY
JUNIOR KINGS

Sun Safe School Policy

Responsible Person: Sister-in-Charge

Latest Review Completed: April 2024

The Junior King's School recognises the importance of Sun Safety and the role we have in educating pupils about the harmful effects of UV exposure.

The implications of not being sun safe aware and the impact that this could have on the pupil are significant which is why the Junior King's School have chosen to be part of Sun Schools Accreditation Programme (which is a recognised by the NICE guidance) and to develop a policy which is clear and evidence-based for all staff to refer to.

Developed by SKcin, the programme provides all the tools, advice, guidance, resources and support to assist us in our duty of care to safeguard the pupils against UV exposure and prevent skin cancer through education.

The school positively supports pupils to understand sun safety and skin care awareness and will encourage pupils to implement and action sun safe measures without any stigmatisation.

Policy Rationale

Whilst we recognise that some sun is good for us, over-exposure to Ultraviolet Radiation (UVR) is an important safeguarding issue for schools. During the warmer months of the year, children 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. This can significantly increase their risk of developing skin cancer in later life. Skin cancer is the most common cancer in the UK with rates of the disease rising faster than any other cancer. Around 90% of skin cancers are caused by over-exposure to UVR, so it is almost entirely preventable. Sun exposure in the first 15 years of life contributes significantly to a person's lifetime risk of developing skin cancer, highlighting the importance of schools and parents working together to increase knowledge and influence behaviours, ensuring children are protected against UVR and learn how to enjoy the sun safely.

This policy outlines our commitment to:

PROTECTION: Providing an environment that enables children and staff to stay safe in the sun.

EDUCATION: Learning about sun safety to increase knowledge and influence behaviour.

COLLABORATION: Working with parents, the management structure and the wider community to reinforce awareness about sun safety.

CLOTHING AND SUN HATS /RATIONALE AND RECOMMENDATIONS FOR PARENTS

Clothing is one of the most effective barriers between our skin and the sun and should always be considered the first line of defence against UV exposure. Ideally clothing should cover as much skin as possible. Shoulders should always be covered as they can easily burn.

Sun hats provided by both parents and schools should be:

- First choice - broad – brimmed, bucket style or legionnaire to adequately shade the face, neck, ears and cheeks.
- Second choice - Baseball caps – not as effective as they do not provide shade to the neck, ears or cheeks but still better than no hat at all! However extra care should be taken to protect the neck, ears and cheeks with suncream, as these areas can easily burn.

OUR POLICY ON CLOTHING AND SUN HATS

We actively remind parents to ensure children are equipped with an appropriate sun hat for use as required throughout the school day.

We do our best to make available additional/spare sun hats for all outdoor activities in the event a parent is unable to provide one, or if a child has lost or forgotten their own.

We make available appropriate uniform sun hats for parents to purchase from the school shop

We ensure children wear their sun hat outdoors when UV levels reach 3 (as indexed by Defra/Public Health England) or above.

Baseball caps are not as effective but better than no hat at all.

We use sun safe strategies to encourage children to cover up ‘no hat, play in the shade or indoors’.

We ensure pupils wear school and PE uniforms that keep shoulders covered. Sunglasses are optional.

OUR POLICY ON SUNSCREEN

We actively remind parents to ensure children are equipped with an appropriately protective sunscreen for use as required throughout the school day.

We make available additional sunscreen for all outdoor activities in the event a parent is unable to provide any, or a child has lost, forgotten or run out of their own. This is made available for parents to patch test upon request. Parental consent for use of sunscreen is requested on admission to school and if no consent received parents have a responsibility to provide their own supply.

We ensure pupils apply sunscreen when UV levels reach 3 or above before extended periods of outdoor activities such as lunch breaks, PE, outdoor lessons, school trips.

A practical approach towards the application of sunscreen is necessary, with assistance provided only where necessary to younger or less able pupils, unless instructed by the parent/carer.

OUR POLICY ON SHADE

We currently provide shaded areas outdoors where children can congregate for outdoor activities.

We conduct shade assessments to consider future needs and are committed to improving shade solutions where necessary.

We encourage children to play in the shade as much as possible when UV levels reach 3 or above, particularly between peak UV hours (11am – 3pm).

We monitor and limit time children spend outdoors when UV levels are high, particularly during peak UV hours between 11am – 3pm.

OUR POLICY ON MONITORING UV

We are committed to monitoring the daily UV index during warmer months to ensure appropriate sun safety measures are implemented when necessary.

POLICY ON STAFF AND ROLE MODELLING

We ensure all staff role model good sun safety behaviours such as applying sunscreen and wearing a sun hat when levels reach 3 or above.

We are committed to ensuring all staff are actively involved in the implementation of this policy and that they consider the UV forecast and sun protection/ control measures when planning outdoor play or activities.

OUR POLICY ON SUN SAFETY EDUCATION

We are committed to educating all pupils annually about safe and unsafe exposure to the sun, including how to reduce the risk of skin cancer using the comprehensive, curriculum linked lesson plans, activities and resources provided by the Sun Safe Schools national accreditation programme.

OUR POLICY ON INFORMING THE PARENT COMMUNITY

We communicate our policy and actively remind parents of the required support through a range of channels.

We provide parents/carers with sun safety and skin cancer awareness information to promote support and raise awareness of the prevention and early detection of skin cancer across our wider school community.

OUR POLICY ON HYDRATION

We are committed to ensuring children are kept hydrated with drinks, particularly water, available and encouraged regularly throughout the day, especially during warmer weather and physical activity.

RENEWING OUR SUN SAFETY POLICY

Our school will regularly monitor and review the effectiveness of this policy and will update the policy on an annual basis in – line with renewing our Sun Safe Schools annual accreditation.

We will continue to access guidance and support from the NICE guidance and also the SUN SAFE SCHOOLS ([Sun Safe Schools](#))