

Woodlands Primary and Nursery

Sun Awareness Policy

Rationale

Young children need special care when they are in the sun. They love playing outdoors but they are not aware of how the sun can damage their skin. So, as adults, it is important that we take precautions for them.

Getting sun burnt as a child leads to a greater risk of skin cancer in later life, but the good news is that sun damage can be avoided. Experts believe that four out of every five cases of skin cancer are preventable.

It is important that children, especially young children, are given the protection they deserve.

Sun Know How
Health Education Authority 1998

We at Woodlands Primary / Nursery fully endorse the above statement and have taken steps to ensure that sun awareness education is an integral part of our Health / PSD and Citizenship programme. This programme is encouraged and supported by other agencies such as the school and community nurse who, alongside education, can see the benefit for lifelong learning and health.

Aims

To protect children while they are in our school and nursery.

To help work in partnership with parents to protect children at other times.

To help children understand the importance of keeping themselves safe in the sun, to encourage lifelong learning in respect of personal health and the sun.

How aims are to be achieved in Nursery

1. Staff to educate themselves about the risks of sunburn.
2. Staff to promote protective care whilst in the sun, especially over the summer months between April and September.
3. Staff to take particular care when children are outside during the hottest part of the day between 1pm and 3pm. During this period the children should:
 - > Wear hats covering neck and ears.
 - > Wear clothing covering shoulders and arms.
 - > Only be outside for limited periods when it is sunny.
 - > Wear once a day sunscreen with the highest possible factor.
4. Provide shady areas in the play area.
5. Parents *will* be informed about the nursery policy and be encouraged to keep their children safe in the sun through:
 - > Inclusion of information in the school handbook to parents.
 - > Regular newsletters throughout the year but especially during Easter / Summer terms.
 - > Informal discussions during staff/parent meetings as required.
 - > Reminders to parents on the daily information board.

- > Occasional meetings arranged for parents with health professionals as required for particular needs.
- > Ensuring appropriate eye protection with a brimmed hat and ideally sunglasses with UV filters.
- > Ensuring their child has the appropriate sunscreen applied prior to attending the setting.
- > Ensuring children attend nursery wearing or bringing with them suitable clothing to cover sensitive areas.

6. During the Easter term staff will explain to children about the need to keep safe in the sun and how to do this.

How aims could be achieved in PI-P7

1. Staff to educate themselves about the risks of sunburn.
2. Through Health / PSD and Citizenship lessons which teach children about the dangers of the sun in relation to their personal health.
3. Staff in the classroom to remind children about 'covering up' on sunny days.
4. Inclusion of information in the School Handbook issued to parents of P1 children
5. Inform pupils through Assemblies involving the whole school.
7. Informal reminders to parents during staff/parent meetings as required for individual pupils.
8. Occasional meetings arranged for parents with health professionals as required for individual pupils.
9. Displays/competitions in the school.

Resources

Health PSD & Citizenship lessons
 Books, posters, stories, displays
 Health promotion department, Sun Awareness Coordinator
 Community / School Nurse.
 HEA - Sun Know How fact sheets.

Evaluation

Regular review with consultation of all relevant parties.

Reviewed and agreed by staff team:

Signature: _____ Designation: _____

Date: _____