



## **'Safe in the Sun' Guidance**

We understand that each child and their tolerance for exposure to the sun is different. Some children will be more affected by the sun than others.

### **Parents/Carers should ensure:**

- Children have their own labelled water bottle in school
- Children are appropriately dressed for the prevailing weather conditions
  - Children should have a sun hat/cap to wear when they are outdoors.
    - Hats should be clearly labelled as these are easily lost.
  - Children should always have their shoulders covered
    - Children should not wear sleeveless tops, including in PE.
- Children apply a high factor sunscreen before school if they need it.
  - This should be applied by parents/carers before their child arrives at school.
  - If you feel your child will need to reapply sun cream in school, they can bring in sun cream in accordance with the rules set out overleaf.

### **The school will ensure:**

- Shady areas are provided in the school playgrounds
- Children are encouraged to wear their hats outdoors
- Children are encouraged to drink plenty of water during the day.
  - Drinking water is freely available and children can refill their water bottles throughout the day as needed.
- Teachers will consider the weather conditions and make adjustments to lessons and if needed
  - We will consider the location, intensity and timing of PE lessons and outdoor activities
  - We will make the children aware of sun safety on school trips
- On days when heat is extreme, outdoor play times will be reduced and teachers will be considerate of how this will impact concentration in class.
- Any adaptations to our uniform requirements will be communicated to parents/carers in the event of extreme heat

## Sun Cream Rules



It is very important that we are extremely careful about what children have in school, especially as some children have severe allergies to the ingredients found in some of these products.

- **Only authorised products are allowed.**
  - The sun cream must be fragrance free and colour free and must NOT contain nuts, coconut, kiwi or sesame oil in any form as their ingredients.
  - **Spray or aerosol products are NOT allowed.**
- **Sun cream must be labelled with the child's full name.**
  - Please make sure this cannot rub off easily. Ideally use a small piece of paper that is overlaid completely with clear, waterproof tape (such as Sellotape).
- **Children must only use their own sun cream and MUST NOT share.**
  - Please make sure your child understands how important it is that they only use their own products and never share with their friends.
- **Children must apply their sun cream independently.**
  - Take some time to practice applying sun cream with your child.
  - Please be aware that in most circumstances staff cannot assist children with reapplying sunscreen and wherever possible children should be encouraged to reapply their own sunscreen if required.
  - Where this is not possible, staff may be able to assist SEND (Special Educational Needs) children in reapplying their sunscreen (by arrangement with Mrs Houghton only).
  - Staff cannot take responsibility for reminding your child to use their sun cream. Please ensure they understand when they need to reapply it.
- **These products should be taken home at the end of each day.**
  - Any sun creams found in school at the end of term will be disposed of.