



## Oak Cottage Primary School Sun Safety Policy

We acknowledge the importance of sun protection and want staff and pupils to enjoy the sun safely. We will work with staff, pupils and parents to achieve this through the following:

### Education

- We will talk about being sun sensible in assemblies at the start of the summer term and before the summer break.
- A letter will be sent to parents at the start of the summer term, explaining what we are doing about sun protection and how they can help. This will be accompanied by reminders via the school newsletter across the term.
- Teachers will plan lessons relating to sun safety.
- Teachers will do their best to ensure that classrooms are kept comfortable and that children are encouraged to remain hydrated throughout the day.

### Protection

#### **Staying in the shade:**

- Children will be encouraged to play in the shade where this is available.
- If we have an extended period of very hot weather, further shade will be made available outside.

#### **Covering up:**

- Children should be encouraged to wear hats that shade the ears, face and neck whilst outdoors.

#### **Drinking water:**

- Water is freely available all day from water fountains and water coolers. All children are asked to bring a water bottle to school, which they can refill when necessary.
- Pupils will be encouraged to drink plenty of water during hot, sunny weather.

#### **Creaming up:**

- Parents are asked to apply sunscreen before their child leaves for school. Children may bring a named bottle of sunscreen to school so that it can be reapplied at lunchtime when necessary. (Children will be responsible for applying their own sunscreen, under adult supervision but staff cannot be held responsible if children do not apply the cream correctly.)

**Timetabling:**

- Whenever possible, in hot weather, outdoor PE lessons will not last for more than 30 minutes.

**School trips:**

- All trips (within the warmer parts of the school year) will require pupils to bring a wide-brimmed sun hat and sunscreen clearly labelled with the child's name.
- Parents are asked to apply sunscreen before their child leaves for school.
- On sunny days, staff on residential trips will remind all pupils of the need to apply sunscreen each morning.

**Heat exhaustion and Heatstroke:**

In extremely hot conditions, the body's heat-loss mechanisms may fail. When the atmospheric temperature equals body temperature it becomes impossible for the body to lose heat. High humidity also causes problems, as sweat will not evaporate well. In these circumstances, particularly during strenuous exercise when extra heat is generated by muscular activity, heat exhaustion or the more dangerous condition, heatstroke, may develop. All staff are asked to remain vigilant to children who may be exhibiting symptoms of either condition and to consult a first aid trained member of staff immediately if necessary.

The symptoms of heat exhaustion are as follows:

- headache, dizziness and confusion;
- loss of appetite and nausea;
- sweating, with pale clammy skin;
- cramps in the limbs or abdomen;
- rapid, weakening pulse and breathing.

Once these symptoms are recognised the main aims are to move the casualty to cool surroundings and to replace lost fluid and salt:

- help the casualty to lie down and raise legs;
- if conscious, help casualty to sip weak salt solution (one teaspoon per litre of water).

If casualty becomes unconscious, place in recovery position and summon an ambulance.

The symptoms of heatstroke are as follows:

- headache, dizziness and discomfort
- restlessness and confusion
- hot, flushed, dry skin
- a rapid deterioration in the level of response
- a full, bounding pulse
- high temperature

Once the symptoms have been recognised, take the following steps:

- move casualty quickly to cool place and call an ambulance; wrap casualty in a cold, wet sheet and keep it wet. Continue until the high temperature falls and replace the wet sheet with a dry one.

Dear Parents,

It finally seems that summer is on its way and we are all looking forward to spending time outside for playtimes and also lessons! In order for us all to enjoy the sun safely, we will be discussing ways to stay safe in the sun with the children, for example, wearing suitable clothing, applying sun cream, drinking plenty of water and staying in the shade.

In order to help us keep safe, we would like you to send the children to school with a hat that offers protection to the face, neck and ears, a water bottle (preferably with a sports style top) and also ask that parents apply a high factor sun cream to their children before school. Parents may also wish to provide a named bottle of sun cream so that the children can reapply a small amount of lotion to their face, neck, arms etc. before lunchtime but, if you do so, please take some time to ensure that your child knows how to apply their own sun cream correctly. (Children will be responsible for applying their own sunscreen, under adult supervision but staff cannot be held responsible if children do not apply the cream correctly.)

Many thanks for your continued support. Together I hope that we can have a very happy and safe term to come.