

Sun Safety Policy

At Godmanchester Bridge Academy we are committed to promoting sun safety to protect the health and well-being of our pupils. Overexposure to the sun's ultraviolet (UV) rays can cause sunburn, long-term skin damage, and increase the risk of skin cancer later in life. It is essential that pupils are protected during outdoor activities, particularly in the warmer months.

This policy outlines our commitment to:

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

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

Education

All pupils will have at least one Sun Safety lesson per year as part of our PSHE curriculum.

- We will talk about how to be Sun Safe in assemblies, particularly during the summer term or when the UV index is unseasonably high.
- Families will be sent reminders and Dojo posts explaining what the school is doing about sun protection and how they can help.
- Teachers will be encouraged to educate children through the example that they set whilst in school; i.e. wearing a hat whilst outside and drinking plenty of water during the day

Protection

Clothing and Sunhats

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 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.

Sunscreen

For most UK school days, which typically involve short outdoor periods (around 15 minutes at break and 30 minutes at lunch), a high-quality all-day suncream applied at home, combined with protective clothing and hats, is generally considered sufficient.

By using a long-lasting, high SPF (30+) water-resistant suncream applied at home before school, parents can help ensure their child is well protected while allowing the school day to run smoothly and with minimal disruption to teaching.

If you feel your child requires **additional** sun protection (after applying the morning protection at home) a long-lasting, high SPF (30+) water-resistant suncream **stick or roll-on** suncream can be brought into school. This must be:

- Named
- Nut free
- Not shared

Children must be taught by parents how to apply the suncream effectively prior to bring it into school and they must already have had the SPF30+ suncream applied by an adult before attending school. Teachers cannot supervise children applying suncream or help them to apply suncream.

Nut-Free Requirement:

Please ensure that any suncream used is **nut-free** to protect pupils with severe allergies. Many skincare products contain nut oils such as almond, macadamia, or shea butter, which may trigger allergic reactions. These ingredients are often listed using *Latin names*, so we kindly ask parents to check ingredient lists carefully before use.

There is no legal requirement to display specific "nut allergy" warnings on cosmetic products, including suncream. However, full ingredient lists must be provided on the product packaging. This includes any **nut-derived oils**, such as:

- **Almond oil** (Prunus Amygdalus Dulcis Oil, Prunus Amygdalus Dulcis Oil, Prunus Amygdalus Dulcis Seed Extract, Prunus Amygdalus Dulcis (Sweet Almond) Oil)
- **Peanut oil** (Arachis Hypogaea Oil)
- **Argan Oil** (Prunus Amygdalus Dulcis, Argania Spinosa Kernel Oil, Argania Spinosa Leaf Extract, Argania Spinosa Kernel Extract)

DO NOT USE Nivia suncream – this contains almond oil

Shade

Currently we 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 are moderate to high, particularly between peak UV hours (11am – 3pm). We also monitor and limit time children spend outdoors when UV levels are high, particularly during peak UV hours between 11am – 3pm.

Hydration

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

Responsibility of Parents/Carers

- Apply long-lasting, high SPF (30+) water-resistant to your child before school on all sunny, warm or days with a high-UV level.
- Provide a wide-brimmed labelled sun hat and labelled water bottle for your child.
- Consider a long-sleeved top for your child.
- Ensure the sun cream used is a long-lasting, high SPF (30+) with a “once-a-day” or “all-day protection” formula, nut-free and suitable for your child’s skin.
- Teach your child to apply the suncream safely and teach them not to share suncream.
- Inform the school if your child has any known sensitivity or allergy to sun cream ingredients.
- If you are sending a stick or roll on suncream into school, ensure your child can apply it effectively and it does not contain nuts.
- Complete a permission form which covers the above. (Appendix A)

Responsibility of the School

- Promote sun safety awareness among pupils and staff.
- Encourage use of shaded areas and appropriate clothing.
- Adjust outdoor activities as needed based on weather and UV forecasts.

By working together, we can help ensure all children enjoy the outdoors safely and responsibly.

Safeguarding

School staff are advised not to apply suncream to pupils under any circumstances, in line with union guidance and safeguarding policies. This is to ensure the personal privacy and safety of all children, and to protect staff from any potential allegations or misunderstandings. For this reason, it is essential that parents and carers apply a long-lasting, high SPF (30+) water-resistant suncream to their children before they arrive at school and teach their child to apply sun cream effectively if providing their own.

Monitoring & Review

This policy will be reviewed as necessary, in accordance with any new advice or statutory guidance or every 4 years, whichever is sooner.

Headteacher: Claire Pirrie

Date: 23.05.2025

Governor: Matthew Kelly

Date: 23.05.2025

Appendix A:

Dear Parent/Carer,

As part of our commitment to keeping children safe in the sun, we ask for your support in following our Sun Safety Policy (available on our website or via the school office) and complete the permission slip below should you wish your child to apply top-up sun cream in school.

We ask that you:

- Apply a long-lasting, high SPF (30+) water-resistant sun cream to your child before school on sunny, warm or days with a high-UV level.
- Provide a labelled, nut-free roll-on or stick sun cream if you believe your child needs to reapply during the day. Children must know how to apply this independently.
- Send your child with a labelled wide-brimmed or legionnaire-style sun hat and a labelled water bottle.

Staff are not permitted to apply sun cream to children for safeguarding reasons. Children must be taught at home how to apply their own sun cream safely and not to share it.

Please complete and return the slip below to the school office **before** sending suncream into school with your child.

Child's Name: Class:

If I believe my child needs to apply top-up suncream during the day:

- ☐ I confirm that I will apply long-lasting, high SPF (30+) water resistant sun cream to my child before school
- ☐ I will provide a nut-free, named sun cream stick or roll-on
- ☐ I have taught my child how to apply sun cream independently and not to share it with others.
- ☐ I will provide a wide-brimmed sun hat and a labelled water bottle for my child.

Parent/Carer Name:

Signature:

Date: