North Wootton Academy
Priory Lane
North Wootton
Kings Lynn
Norfolk
PE30 3PT

Name of policy:	**Sun Safety Policy**
Lead member of staff with responsibility for this policy:	Mr J Grimsby
Date of governors meeting when policy agreed:	LGB:
Type of governors meeting:	
Date of implementation:	September 2026
Details of dissemination:	This policy is available on our school website. The policy is available for all staff, visitors, pupils and parents.
Frequency for review:	Two Years
Next due for review:	September 2028
Changes made from last policy	Remove list of actions from the introduction as this is replicated further down in the policy.

North Wootton Academy – Sun Safe Policy

Whilst we recognise that some sun is good for us, Sun Safety is an important element of keeping children safe, especially as children spend almost half their childhood at school, with approximately 8 hours per week spent outdoors.

During the warmer months of the year children are exposed to UV radiation from the sun, the majority of which is when UV penetration is at its strongest (between 11am and 3pm). Without adequate protection, a child's delicate skin can easily burn, causing accumulative and irreparable damage. This can significantly increase their risk of developing skin cancer in later life.

Sun exposure in the first 15 years of life contributes significantly to a person's lifetime risk of skin cancer highlighting the importance of schools and parents working together, to increase knowledge, influence behaviour.

Aims

The aim of this sun safety policy is to protect children and staff from skin damage caused by the effects of ultraviolet radiation from the sun. The success of this health promotion programme will be more successful when an integrated whole school approach is adopted.

The main elements of this policy are:

- Protection: providing an environment that enables pupils and staff to stay safe in the sun.
- Education: learning about sun safety to increase knowledge and influence behaviour.
- Partnership: working with parents/carers, governors and the wider community to reinforce awareness about sun safety and promote a healthy school.

This school believes in Sun Safety.

To ensure that children and staff are protected from potential skin damage caused by the harmful ultra-violet rays in sunlight.

As part of the Sun Safety policy, our school will:

- Educate children throughout the curriculum about the causes of skin cancer and how to protect their skin;
- Encourage children to wear clothes that provide good sun protection.
- Hold outdoor activities in areas of shade whenever possible, and encourage children to use shady areas during breaks, lunch-hours, sports and trips. Sunbathing is definitely discouraged.
- Work towards increasing the provision of adequate shade for everybody.
- Encourage staff and parents to act as good role models by practising sun safety;
- Regularly remind children, staff and parents about sun safety through newsletters, posters, parents meetings, and activities for pupils.
- Make sure the Sun Safety Policy is working. We will regularly monitor our curriculum, assess shade provision, and review the sun safety behaviour of our young people and staff (use of hats, shade etc).

Actions to help cope with hot weather:

- Pupils to wear hats when outside.
- Pupils should wear sun cream.
- Teachers should make a judgement as to the temperature of classrooms and make internal arrangements to teach in cooler areas where possible.
- Teachers should encourage pupils to drink water and ensure there are regular breaks for them to do so.
- Where possible, all doors and windows should be opened to provide a through breeze & class room blinds should be drawn.
- Physical education lessons should be carefully planned to avoid sun exposure, unnecessary exertion and dehydration. In extreme weather, outdoor PE lessons should not last for more than 20 minutes when children should be brought indoors, given time to rest and drink water. This may occur during playtimes as well, wherein an indoor play is provided instead.

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- Annual Sports' Day will be determined by preceding days' climate. Again children spectating should not do so for more than 20 minutes at a time without entering an area of shade.
- Pupils with Asthma, breathing difficulties or other relevant health conditions should avoid physical activities.
- Parents/carers and children will be encouraged to follow these procedures at home.
- Staff must also ensure they drink water regularly and take precautions against the high temperatures.

In rare cases, extreme heat can cause heatstroke.

- Symptoms to look out for are: Cramp in arms, legs or stomach, feeling of mild confusion or weakness.
- If anyone has these symptoms, they should rest for several hours, keep cool and drink water or fruit juice.
- If symptoms get worse or don't go away medical advice should be sought. NHS Direct is available on 0845 4647
- If you suspect a member of staff or pupil has become seriously ill, call an ambulance. While waiting for the ambulance:
- If possible, move the person somewhere cooler.
- Increase ventilation by opening windows or using a fan.
- Cool them down as quickly as possible by loosening their clothes, sprinkling them with cold water or wrapping them in a damp sheet.
- If they are conscious, give them water or fruit juice to drink. Do not give them aspirin or paracetamol