

## SUNSMART POLICY FOR REDLANDS PRIMARY SCHOOL



Our aim in Redlands is for pupils and staff to enjoy the sun.

Since we know that sun can seriously damage our skin we will take the following steps to protect ourselves:-

### **Education**

- At the beginning of the summer (terms 5 & 6), all children and staff, will review the sunsmart policy and focus on safe practice in the sun, e.g. clothing, sunscreen, water, shade and avoidance of looking directly at the sun.
- Parents will be reminded of the policy in 'Summer in Redlands'.

### **The use of shade**

- Children will be encouraged to seek places of shade to play and sit.
- On exceptionally hot days, children may be encouraged to stay inside at lunchtime.

### **Appropriate Clothes**

- Everyone needs to wear appropriate clothes.
- Thin cotton is the coolest.
- All tops should at least cover shoulders.
- Everyone needs to cover as much skin as possible if outside in the sun. Particularly at mid-day.
- Hats should be worn in the sun (Redlands hats are available to buy).

### **Sun Screen**

- Parents may apply sunscreen before school.
- Children who need further applications during the day will need to bring named sun screen and keep it in the classroom.
- Children will need to apply the sunscreen themselves in school – staff are not permitted to apply sunscreen to children.

### **Water**

- Children should drink water at regular interval throughout the day.
- Children should bring named water bottles to school.
- Water is available at the two fountains in the playground, in every classroom and in the dining room.

### **To enjoy a good lunch break:**

1. Stay inside some of the time.
2. Play in the shade.
3. Cover up with sensible clothes.
4. Wear a hat.
5. Put sunscreen on if needed.
6. Drink plenty of water.
7. See sun smart website for further information  
<http://www.cancerresearchuk.org/about-cancer/causes-of-cancer/sun-uv-and-cancer>