



SUN PROTECTION

POLICY

1. RATIONALE

Too much exposure to ultraviolet light (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of skin cancer. There is enormous potential for schools to help prevent skin cancer in future generations. Schools are central to protecting children's skin this is because:

- Children are at school five out of seven days a week at times when UV rays are high.
- Most damage due to sun exposure occurs during the school years.
- Schools can play a significant role in changing behaviours through role modelling and education.
- Students and teachers are at risk of sunburn within 10-15 minutes of being exposed to strong sunlight.
- Students spend an average of 1.5 hours outside per school day, more if involved in sports and outdoor activities.
- Skin cancer is largely preventable through behaviour modification and sun protection during early years.

2. SUN PROTECTION STRATEGIES

Covering up and seeking shade are the most important sun protection measures.

SUNSCREEN - Sunscreen can provide protection to exposed skin. However sunscreen should not be used to increase the amount of time spent in the sun. Parents are encouraged to apply sunscreen to their child(ren) before school starts – SPF 15 or above.

- Parents are asked to supply a named bottle of sunscreen for each child unless the children are in the same class.
- Children who do not have sunscreen will be asked to keep their jumper or cardigan on to protect exposed skin.
- Children will be encouraged to be as independent as possible in applying their own sunscreen, but will be supported and assisted as appropriate to their age and/or ability.
- Sunscreen has a shelf life and therefore bottles will be returned to the parents or disposed of during the Autumn term.

SHADE -

- The school makes sure there is sufficient number of shelters and trees providing shade in the school grounds particularly in areas where students congregate.
- In consultation with the education department, shade provision is considered in plans for future buildings and grounds.
- The availability of shade is considered when planning excursions and all outdoor activities.
- Children are encouraged to make use of available shaded areas when outside.

CLOTHING -

At Derby Montessori School we encourage students and staff to wear protective clothing during summer term

- **Uniform** - Children are required to wear an aertex shirt or a summer dress which covers the shoulders and has a collar to protect the back and neck. Parents are advised to buy longer style shorts and dresses for their children. Sports clothes do not include vest style tops.
- **Hats** - Children are required to wear wide brimmed hats (6-10cm) that protect their face, neck and ears such as legionnaire or bucked hats, when they are outside.
- **Sunglasses** - Children's eyes are very sensitive to light. It is important therefore to protect their eyes by ensuring they wear wide-brimmed hats and sunglasses if possible. Parents are advised to make sure that sunglasses have UV protection. (Look for BS EN 1836:1997 on the label.)

3. DEVELOPMENT AND IMPLEMENTATION OF THE POLICY

Derby Montessori School encourage staff, students and parents to be involved in the development of our sun protection policy.

ROLE MODELLING

Staff

Staff are encouraged to act as role models by:

- Wearing protective hats, clothing and sunglasses when outside.
- Applying SPF 15+ broad spectrum, water resistant sunscreen.
- Seeking shade whenever possible.

Families and visitors

Families and visitors are encouraged to use a combination of these sun protection measures when attending and participating in outdoor activities.

Parents

Parents are encouraged to support the school by acting as role models and supporting the sun protection policy of the school. In particular they are asked to supply their child(ren) with:

- A named bottle of sunscreen (spf 15+)
- An appropriate hat.
- Sun glasses.

School

Derby Montessori School supports role modelling by encouraging:

- a positive approach to sun protection and allowing sun protection strategies to be fun, involve everyone and provide choices.
- covering sun protection as part of the curriculum so that children are supported in age appropriate learning about the sun and/ or skin cancer.
- providing protection for their children.
- A commitment to increase shade structures and resources in the garden.

4. REVIEWING AND EVALUATING THE POLICY

The Sun Protection Policy will be reviewed annually. This review will include:

- Ensuring that the policy is in line with current health education guidelines.
- Monitoring the effectiveness of the policy e.g. attitudes and behaviours towards sunshine, level of knowledge of sun protection strategies, number of teachers/students sunbathing /using shaded areas during lunchtime.
- How well the policy is being incorporated into the curriculum.