



SUN PROTECTION POLICY

Pearl School being a health promoting school we ensure that pupils are protected from overexposure to UV rays from the sun. The guidelines and Policy is made according to the Cancer research UK.

What is UV?

The sun naturally gives out ultraviolet radiation (UV), whilst the UV from sunbeds is artificial. There are 2 main types of UV rays that damage our skin. Both types can cause skin cancer:

UVB is responsible for the majority of sunburns.

UVA penetrates deep into the skin. It ages the skin but contributes much less towards sunburn.

A third type of UV ray, UVC, could be the most dangerous of all, but it is blocked out by the ozone layer and doesn't reach the earth's surface.

You can't feel UV rays – the heat from the sun comes from infrared rays, which can't burn you. This is why people can still burn on cool days.

How can UV cause skin cancer?

Too much UV radiation from the sun or sunbeds can damage the genetic material (the DNA) in your skin cells. If enough DNA damage builds up over time, it can cause cells to start growing out of control, which can lead to skin cancer. Anyone can develop skin cancer, but some people can have a higher risk.

What is sunburn?

Sunburn is skin damage and your body's response to try to repair it – it's a short-term warning for potential long-term DNA damage, and is a clear sign that the DNA in your skin cells has been damaged by too much UV radiation. Getting sunburn, just once every 2 years, can triple your risk of melanoma skin cancer.

AIM

- *Education and protection* of students and staff,
- *Collaborate* with parents/guardians, staff, students and the wider community to reinforce awareness and practice of sun safety, and promote a healthy school.
- *Evaluation and revising* the policy at regular intervals

OBJECTIVES

- Teach the staff how to be SunSmart.
- Make all the students aware of being SunSmart.
- Conduct assemblies on how to be SunSmart at the start of the summer term and before summer break.

5 important sun safe behaviours to promote and build into school routines.

1. PLAY IN THE SHADE

- Students are encouraged to play in shaded area if the temperatures are high.
- Assemblies are conducted in the shaded areas.

2. COVER UP

- ☞ Students are encouraged to wear wide brim hats that protect ears, neck and face and eyes.
- ☞ Students are allowed and encouraged to wear UVR protective sunglasses.
- ☞ Staff are encouraged to wear sunglasses, hats and suitable clothing to role model sun safe behavior.

3. PUT ON SUNSCREEN

- ☼ Students are encouraged to come to school wearing sunscreen.
- ☼ Teachers will remind students, as appropriate, when to apply/ reapply their sunscreen during the outdoor activity.
- ☼ Each student has their own labelled bottle of sunscreen with them.
- ☼ Children are expected to bring their own sun screen and apply it themselves under appropriate adult supervision.
- ☼ Children may only use their own sun screen.
- ☼ Teachers will not apply sun screen to any children.

- ☀ Parents are asked to teach their children how to sensibly use and apply these screens and will clearly label them and put them in their child's bag for their own use.

4. WEAR SUNGLASSES

- 🕶 Encourage students to wear sunglasses (preferably non breaking glasses or lenses) during outdoor activities.

5. CURRICULUM PLANNING

- 📖 Plan outdoor activities like picnics and educational visits during the third term.
- 📖 Teach and educate about Sun protection.

COLLABORATION : The school will aim to work with parents, Governors and the wider community to reinforce awareness about sun safety and promote a healthy school.

We will evaluate and revise the policy regularly.

References:

- The Guidelines is formulated as per www.sunsmart.org.uk
- https://www.cdc.gov/cancer/skin/pdf/sunsafety_v0908.pdf



