



NIGHTINGALE PRIMARY SCHOOL

SUN PROTECTION POLICY

Rationale

The sun's rays can be particularly strong during the summer months, and overexposure can damage children's skin, increasing the risk of skin cancer later in life. Research shows that around 80% of lifetime sun exposure occurs before the age of 21, making it essential to protect children's health and well-being during their early years.

Purpose

At Nightingale Primary School, we want children and staff to enjoy the sun safely while minimising the risk of skin damage from ultraviolet (UV) radiation. We aim to work collaboratively with children, staff and parents to promote effective sun safety practices.

Guidelines

Our Sun Safety policy includes the following key measures:

- **Education:**
 - Children will learn about the effects of sun exposure and ways to protect their skin through the curriculum, assemblies and PHSE lessons.
 - Sun safety messages will be reinforced via newsletters, emails, parent meetings and pupil activities.
- **Scheduling and Environment:**
 - In extreme circumstances, outdoor activities will be scheduled, where possible, outside the peak sun intensity hours (midday).
 - In extreme circumstances, activities will take place in shaded areas when possible and children will be encouraged to seek shade during breaks, lunchtime, sports and school visits.
 - Sunbathing is discouraged.
 - Adequate shaded areas will be provided and regularly reviewed across the school grounds.
- **Role Modelling:**
 - Staff and parents are encouraged to model good sun safety behaviours.

Education

- Sun safety forms part of the PHSE curriculum and is supported by resources such as the Outdoor Kids Sun Safety Code.
- Summer Term assemblies will include discussions on sun safety to reinforce key messages.

Protection

- Children will be encouraged to sit, work or play in shaded areas provided by trees, buildings or shelters.
- On very hot days, outdoor activities will be limited to no more than 30 minutes to minimise sun exposure.

Clothing

- Children should bring a sun hat to school to wear during playtimes, lunchtimes, outdoor lessons, PE lessons and school visits.
- For PE lessons, children should wear a T-shirt that covers the shoulders; vests are not permitted as part of PE uniform for sun protection.
- T-shirts covering the shoulders are also recommended during other outdoor activities.

Sunscreen

- Parents are responsible for applying high-factor sunscreen before children arrive at school.
- Staff will supervise sunscreen application during the school day or on visits; in some cases, staff may assist children in applying sunscreen. School sunscreen is kept in designated red emergency bags.
- Parents must inform the school of any known allergies to sunscreen.
- Any adverse reaction to sunscreen will be reported to parents and medical advice will be sought if necessary.

Conclusion

Implementing this Sun Protection Policy ensures that all children and staff can enjoy outdoor activities safely during the summer months, while reducing the risk of long-term skin damage.

Date of Policy Approval: Spring 2026

Date of Next Review: Spring 2029