



## ST MARY AND ST THOMAS AQUINAS CATHOLIC PRIMARY SCHOOL

### SUN CARE POLICY

At St Mary & St Thomas Aquinas School we want our pupils to enjoy the sun safely. We will work with staff, pupils and parents to achieve this through:

#### PROTECTION – THIS IS AN ONGOING PROCESS

##### Shade:

- ▢ We have many established trees which the children are encouraged to use for shade at break times on the school field and surrounding the playgrounds.
- ▢ We have an outdoor classroom for Nursery which the children can use during break times to shelter from the sun.
- ▢ We have a covered veranda in Key Stage 2 which the children are encouraged to use.
- ▢ Children will be reminded to play in the shade during lunch time.

##### Timetabling:

- ▢ On outdoor events, taking place during school hours all children will be encouraged to use the shaded areas provided to sit and work or whilst waiting for a specific event to happen. Additional breaks will be built into outdoor programmes for shelter and liquid refreshment.

##### Clothing:

- ▢ Children will be encouraged to wear labelled sun hats (school uniform ones are available to buy from the school office).
- ▢ Children will be required to wear short sleeved T shirts for PE rather than vests as clothing offers the most protection where practical.
- ▢ Teachers will demonstrate and encourage safe sun practice by wearing sunglasses/hats when on duty if practicable.

##### Sunscreen:

- ▢ Parents and guardians will be encouraged to ensure that their child/children are protected by long lasting sunscreen each day before they arrive at school and are protected by appropriate clothing as mentioned above.
- ▢ Sun screen will be encouraged for all school trips and it will be expected that parents apply this to their child before leaving home in the morning.
- ▢ Children will be responsible for applying their own sunscreen in school.
- ▢ Parents are asked to only send in small containers of sunscreen, which children can manage to apply themselves. Roll on sunscreen is recommended. Staff will remind children before any outdoor activity to re-apply their sun cream.
- ▢ Parents will be made aware that sun screen needs to be at least factor 25 and preferably higher to offer adequate protection.

- ▯ In the situation where a child doesn't have sun cream or a hat with them, staff will make informed decisions;
- ▯ To apply sun cream to the child
- ▯ Assess the situation and make a decision as to whether or not the child takes part in outdoor events.

All pupils are asked to bring water bottles to school every day, and to keep themselves well hydrated during the hot weather. Staff will remind pupils before any outdoor events to ensure they have their water bottles filled.

We are aware at St Mary and St Thomas Aquinas School that there is an increased risk from the sun and that we can help children become 'sun safe' by teaching them at an early age how to protect themselves. Parents will be reminded of the importance of safety in the sun via the school newsletter and school website.