



St Nicolas and St Mary CE Primary School

Sun Policy

Reviewed: March 2020
Next review date: March 2022

*Journey together,
guided by God,
to do the best we can.*

Rationale

At St Nicolas and St Mary C of E Primary School we acknowledge the importance of sun protection and want staff and pupils to enjoy the sun safely. We work with staff, pupils and parents and carers to achieve this through:

Education

- Pupils will have at least one sun safety awareness lesson per year.
- We talk about how to enjoy and keep safe in the sun in an assembly at the start of the summer term. We will invite guest speakers to discuss this issue when appropriate.
- Parents and guardians will be kept informed about what the school is doing about sun protection and how they can help.

Protection

- Shade is currently available under the cherry trees on the Key Stage 1 playground and to some extent there is shade provided by trees in the Key Stage 2 playground.
- All children eat their lunch in the shade of the cherry trees.
- All children and staff are encouraged to wear sunhats and the advantage of wide brimmed hats or hats with neck covers is highlighted to the children. Sunhats are available for sale from the school office.
- Parents will be asked to put sun cream with a minimum of SPF 15 on their children before they come to school or nursery.
- Parents are encouraged to dress their children in clothing that offers protection from the sun.
- Children may bring in a named bottle of sun cream (not aerosol or spray) for their own use. This can be applied at breaktimes and may not be shared with other children. Children will be encouraged to wash their hands after applying sunscreen. The sunscreen will be stored in the child's bag or other location designated by the teacher. The school cannot take responsibility for any bottles of sun cream which are lost or misplaced.
- Staff will supervise and assist children in early years who are staying in school or nursery for the full day to apply sun cream to the face, neck, arms and lower legs only at around midday.
- On school trips and sporting events staff will be provided with hypoallergenic sunscreen in case children forget their own. It is parents' responsibility to inform the school of any allergies to particular brands. To minimise the risk of cross-infection, the sun screen will be poured onto the child's or young person's hand from above in the style of a 'soap dispenser'.
- If required, sports days will take place in the morning only to avoid exposure to midday sun for participants, spectators and organisers.

Guidance published by the Department for Education states:

- Heat stress and dehydration can be serious problems at temperatures above 35°C, so this should be regarded as the maximum reasonable temperature for prolonged periods of time in a school classroom.
- Healthy children should be able to cope with the uncomfortably hot conditions up to this temperature, provided they are given generous supplies of cool water to drink.
- More sensitive children may experience problems at much lower temperatures and school staff need to watch for signs of heat stress at temperatures above 28°C
- The school may need to augment their existing arrangements for providing drinking water to ensure the children drink enough, and should remember that the amount of water delivered through drinking water fountains is small.

Hot Weather Plan

- monitor for MET hot weather alerts
- prepare the premises:

- Check that windows can be shaded, particularly those that receive the full glare from the sun at the hottest time of the day.
- Ensure windows can be safely opened to provide additional ventilation.
- Ensure that any air-conditioning systems are serviced and functioning correctly and that building occupants know how to optimise their effectiveness by keeping doors and windows shut.
- Consider providing electric fans in areas with poor ventilation, high levels of heat producing equipment and where particularly vulnerable people may be present, such as IT suites (unless air conditioned) and first aid rooms.
- Make sure sufficient electric sockets are available for additional portable electric fans but do not overload fixed electrical distribution systems.
- Ensure sufficient thermometers are available to monitor indoor temperatures throughout the premises, particularly in areas which tend to become hot, such as rooms without windows, IT suites and first aid rooms.
- Ensure there is sufficient provision of drinking water to all staff, students and visitors.
- Make sure any freezers and refrigerators used to store food are operating correctly; fit thermometers and monitor them regularly.
- provide information to staff, students and parents/carers
- arrange for cessation of activities with high risk of dehydration/heat exhaustion
- arrange to close the school if extremely hot conditions prevail for a prolonged period
- be prepared to relax dress codes to permit more comfortable clothing (loose fitting, lightweight, light coloured garments are best)
- encourage consumption of water rather than tea/coffee/sugary drinks, which can promote dehydration;
- encourage use of hats and sun block of at least factor 15 for outdoor activities
- avoid outdoor activities during the hottest part of the day (11.00am to 3.00pm)
- ensure all staff are aware of the signs and symptoms of heat exhaustion and heat stroke and first aid providers know how to treat suspected cases.

Signs and symptoms of heat exhaustion include:

- thirst;
- dizziness, weak and uncoordinated movements;
- excessive sweating or sometimes no sweating at all;
- body temperature is normal;
- pulse may be normal or a little raised;
- leg cramps;
- Oedematous/swollen legs;
- irritability;
- headache; and
- nausea or vomiting.

Treatment for suspected heat exhaustion:

- rest the person in a cool place;
- encourage plenty of fluids to be taken;
- cool the person down as quickly as possible by spraying them with cool water (use plant sprayers) and use a fan to speed up evaporation of the water (keep repeating the process);
- monitor the person's temperature;
- phone NHS 111 to seek advice about the person's condition;
- do not give paracetamol or aspirin without seeking advice.

Signs and symptoms of heat stroke

As for heat exhaustion, plus:

- altered mental state including hallucinations, confusion, disorientation or coma;
- intense thirst;
- rapid and shallow breathing; and
- convulsions and loss of consciousness.

Treatment for suspected heat stroke

Where heat stroke is suspected or there is uncertainty over the seriousness of the condition of any person affected by heat, summon an ambulance and carry out the treatment described for heat exhaustion.