

## **Rationale:**

We are all very aware that 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. We are committed to keeping our pupils safe while they are at school and want them to be informed about keeping themselves safe in the sun because skin cancer is largely preventable through behaviour modification and sun protection during early years.

## **How we are promoting sun protection at Two Gates:**

### **School Uniform:**

School Clothing is made of close weave fabric and includes T shirts with collars, longer style dresses and shorts. The children are not permitted to wear vest style tops for P.E.

Children are encouraged to bring in and wear hats 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.

***Make sure the sunglasses have UV protection. (Look for BS EN 1836:1997 on the label.)***

### **Covering up, seeking shade and drinking water:**

We have some sheltered areas and permanent shady structures in school which the children will be directed to on very hot and sunny days.

Timetables and school routines will be altered on very hot/sunny days e.g. children will only be allowed out for 10 minutes at a time; scheduled outdoor P.E. session/sporting activities will take place indoors or be cancelled

Children have unlimited access to water in school every day. We ask that parents provide clean non-spill plastic bottles so that they can be re-filled as necessary –these are available to buy from school (£1.25). All new children to Two Gates are given a free one!

### **Encouraging parents to apply sunscreen at home:**

Parents are asked to apply long lasting high factor (SPF 15 or above) sunscreen in the morning, paying particular attention to exposed areas such as lower arms/hands/lower legs, faces and necks.

We **do not permit** children to bring sunscreen into school. This is for health and safety reasons- e.g. allergic reactions/ accidental ingestion.

Thank you for your co-operation.

*Love children, love learning!*