



Heath Mount School

Sun Protection Policy

Heath Mount School, Hertfordshire

**Independent Day and Boarding School for
Boys and Girls**

April 2024

1. Policy Statement

- 1.1. Heath Mount School ('the School') acknowledges the importance of sun protection and wants staff and pupils to enjoy the sun safely. This policy aims to protect pupils, so far as is reasonably practicable, from the dangers of exposure to the sun. It does not seek to address the issue of insufficient sun exposure.
- 1.2. This policy is based on the SunSmart guidelines from Cancer Research UK. Skin cancer is one of the most common cancers in the UK and the number of cases is rising at an alarming rate. The good news is that the majority of these cases could be prevented. Most skin cancers are caused by ultraviolet (UV) radiation from the sun. If we protect ourselves from the sun then we can reduce our risk. This is particularly important for children and young people whose skin is more delicate and easily damaged.

2. Application and accessibility

- 2.1. This policy has been authorised by the Governors and is a whole-school policy including the Early Years Foundation Stage (**EYFS**). It relates to sun protection whilst pupils are on the premises during school hours, undertaking school activities and after-school clubs (including holiday clubs) and when away from the School, for example, on an educational visit.
- 2.2. Throughout this policy, we refer specifically to pupils. However, for their own protection staff should follow this policy and the guidelines developed by the School. References to parents in this policy includes carers.
- 2.3. This policy is published on the School website and is available in hard copy on request. It can be made available in large print or other accessible format if required.

3. Aims

- 3.1. To present information to parents, pupils, and staff about enjoying the sun safely.
- 3.2. To encourage pupils to take responsibility for their own safety based on a clear knowledge and understanding of the dangers.
- 3.3. To incorporate knowledge of sun care into other curriculum areas and discussion opportunities.
- 3.4. To ensure pupils are aware of the dangers of the sun and how to protect themselves against these both when at school and in other settings, such as trips and residential visits.

4. Partnership approach

- 4.1. Sun safety will be promoted through working with parents, Governors, and the wider community where applicable to improve our understanding of and ability to avoid the harmful effects of too much exposure to UV light.
- 4.2. Pupils will be asked by staff to wear sun hats and apply sunscreen when and where appropriate.
- 4.3. Staff should act as positive role models and set a good example by seeking out the shade wherever possible and wearing suitable clothing, a hat and sunscreen, particularly during playtime supervision and when teaching outside.
- 4.4. Pupils have 90 minutes of outdoor play time per day. This is the largest proportion of timetabled time per week, (7.5 hours). In addition to this, pupils are outside for any of the following: games, P.E., matches, some after-school clubs and outdoor education activities. Consequently, it is very important that the School and parents work together

to protect pupils from the harmful effects of exposure to the sun. Parents should support this policy in order to protect their children by:

- 4.4.1. Being positive role models in relation to sun safety.
- 4.4.2. Applying sunscreen to their child or ensuring the child applies it to themselves before school each day during the summer term and at other times when the weather requires it.
- 4.4.3. Providing their child with sunscreen (in a named bottle and at least factor 30) to keep at school during the summer term.
- 4.4.4. Providing their child with a named school hat (see paragraph 7.2.1 below).
- 4.4.5. Informing the school of any medical issues relevant to this policy, for example, skin conditions, sensitivities, or allergies to sunscreen.

5. The School will work with staff, pupils, and parents to achieve our aims as follows:

6. Education

- 6.1. The benefits and risks of exposure to the sun and the importance of sun protection will be taught through our PSHEE and science curriculum and reinforced during form time, including following guidelines and worksheets provided by Cancer Research UK.
- 6.2. We will talk about how to be sun safe in assemblies at the start of the summer term, repeating the message at regular intervals, particularly when hot weather is forecast.
- 6.3. Staff will receive reminders on their role in teaching children about sun protection and will be prompted to talk to children about being sun safe.
- 6.4. Information on sun safety, alongside copies of this policy, will be available in the staff rooms and Medical Centre.
- 6.5. The School will highlight the importance of enjoying the sun safely during 'Sun Awareness' week each May, using assemblies, form time, posters around the School, poster competitions and information sent to parents. We will continually review how we raise awareness, encouraging pupils to contribute ideas during House meetings in the Prep School and assemblies and form time in the Pre-Prep.
- 6.6. Sun protection display boards will be in the School during the summer term.
- 6.7. Parents will be aware of this policy and encouraged to work in partnership with the School as set out in paragraph 4. Further information for the whole school community can be found here:
 - 6.7.1. [Sun, UV and cancer | Cancer Research UK](#)
 - 6.7.2. [Sun Safe Schools](#)
 - 6.7.3. [Sunscreen and sun safety - NHS \(www.nhs.uk\)](#)
 - 6.7.4. [Soltan Sun Ready - For families](#)

7. Protection

7.1. Shade

- 7.1.1. The School has numerous shady and woodland areas. There is a covered play area at the back of the Nursery building. When the sun is strong, pupils will be encouraged to sit / play in the shade where it is available.

7.1.2. Sunbathing is not permitted.

7.1.3. The School has pop-up gazebos which are used to provide shade at outside events. In extreme heat we will use gazebos to provide shade during games lessons and matches.

7.1.4. The School will regularly review the available options for the provision of shady areas around the school.

7.2. Clothing

7.2.1. All pupils must wear hats in hot, sunny weather when participating in any outdoor activities. School hats (bearing the School logo) are compulsory uniform items for pupils in Years 7 and below and can be purchased from the School's uniform supplier, Stevensons. Year 8 pupils must also wear a hat to protect their faces and head, but it may be a hat of their own choice. The School has a limited supply of spare hats should a pupil misplace their hat. If no hat can be provided, the pupil will be required to play in the shade. Parents will regularly be reminded to provide a named hat for their child.

7.2.2. Staff will be encouraged to act as role models by wearing suitable clothing which covers most of the skin, particularly the neck and shoulders. Staff who work outside during the hot weather are asked to wear appropriate headwear for protection.

7.2.3. Sunglasses will not be encouraged but children may wear them at playtime (particularly those with hay fever).

7.3. Sunscreen

7.3.1. A letter will be sent to parents at the beginning of the summer term asking them to apply sunscreen to their children before they come to school and to provide a named bottle of sunscreen for the child to reapply themselves at regular intervals when necessary. **Parents should not send their child into school or on school trips with any Nivea Sun Kids Protect and Care Products (blue bottles) due to these products containing almond oil. Similarly, staff should not bring these products into school. Instead, the Nivea Babies Sensitive Protect Products (white bottles) or any other brands of sun protection products that DO NOT contain almond oil are permissible. Please see Appendix 1 for further information.** The School has supplies of sunscreen should a pupil misplace theirs.

7.3.2. Pupils need to be encouraged to learn how to apply sunscreen as staff are not permitted to apply sunscreen to pupils. Staff are encouraged, where appropriate, to supervise the application of sunscreen and to teach pupils how to apply it.

7.3.3. Sunscreen use will be encouraged on days when the sun is strong for P.E lessons, school trips and other outdoor activities and events. Extra sunscreen will be provided if a pupil forgets their own.

7.3.4. Parents will be reminded to apply sunscreen to their child or ensure their child applies it themselves on the morning of a school trip. Staff will be provided with sunscreen so that pupils can reapply it during the day.

7.3.5. A sunscreen of at least factor sun protection factor 15 with a 4- or 5-star rating is recommended and should be applied generously and regularly.

7.3.6. We will regularly review ways to make it simple for pupils to apply sunscreen themselves or have access to sunscreen should they forget their own.

7.4. Drinking water

- 7.4.1. Pupils should have a named water bottle in school throughout the year. These can be refreshed at school and are regularly sent home to be cleaned.
- 7.4.2. Pupils have access to water from the water coolers around the School. They are provided with a drink of water at all break and lunchtimes.
- 7.4.3. Staff will remind pupils to drink regularly, particularly in hot weather and will explain the importance of this.
- 7.4.4. Staff who work outside for long periods of time are encouraged to keep a bottle of water with them to stay hydrated.
- 7.4.5. Parents are asked to provide a drink for school trips. When hot, parents are asked to provide an additional bottle of water. The School provides drinks for the children to have during breaks on school trips.

8. Monitoring and Review

- 8.1. The School will monitor this policy on an ongoing basis, taking into account the recommended guidelines from the relevant authorities and organisations. The School will regularly review the effectiveness of this policy and how it can be improved.
- 8.2. This policy will be reviewed every two years by the Governors.

| Governors' Committee normally reviewing: | Buildings Committee |
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| Effective from: | April 2024 |
| Date last formally approved: | 29 th April 2024 |
| Date of next review: | April 2026 |
| Person responsible for implementation and monitoring | Deputy Head Pastoral Head of Pre-Prep Heads of Sections Heads of Boys and Girls Sport School Nurses Trip Leaders |
| Related policies: | Child Protection and Safeguarding Policy and Procedures Health and Safety Policy First Aid Policy |

Appendix 1: SAFETY ALERT

In 2022, Nivea changed some of its ingredients in its children's sun cream range and some of their products now contain almond oil, also known as Prunus amygdalus dulcis oil. Nivea's latest (June 2023) update on the use of Almond Oil in products for children states:

'Bottles of NIVEA Sun Kids Protect & Care that contain Almond Oil always include it on the ingredients list (as 'Prunus Amygdalus Dulcis Oil'). Following consumer feedback last summer, we made this more prominent with the addition of "Contains organic Almond Oil" or "With Organic Almond Oil" at the top of the back of every bottle.'

The specific Almond oil used in some of our Sun products has been refined and purified leaving it free of any allergenic proteins. This status has been confirmed by an external testing institute. Beiersdorf also uses the highest and most rigorous toxicological testing for all products and all ingredients are evaluated in line with EU legislation for the safety of cosmetics.

We recommend anyone who has a concern about food and/or skin-related almond allergies seek the advice of their GP before using any product containing Almond Oil. If in doubt, our NIVEA SUN Babies & Kids Sensitive Protect range may be a more suitable alternative, as it does not contain Almond Oil. This range is easy to identify as it comes in white bottles.'

However, due to some of our pupils being severely allergic to nuts, we ask that you do NOT send into school sun cream that contains the following ingredients:

Almond Oil/Prunus amygdalus dulcis oil

Below is a guide to the Nivea Sun cream products containing Almond and the ones that do not.

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| Do not bring these products into school | Nivea Products allowed in School |
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Thank you in advance for your cooperation in keeping our pupils safe. The medical team are available to offer any further clarity: schoolnurse@heathmount.org

