



Mytham Primary School

Sun Safety Policy



Written and prepared by: Mrs Stacey Burke			
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Shared with Governing Body	Summer term 2026	Website	Yes
This policy is underpinned by	Skin Cancer UK Charity 		

Mytham's Commitment to Sun Safety

At Mytham Primary School, we are committed to promoting sun safety and protecting the health and wellbeing of all members of our school community. We recognise that excessive exposure to ultraviolet (UV) radiation can increase the risk of skin damage and skin cancer later in life. Through education, sensible precautions and partnership with families, we aim to develop positive sun-safe habits that allow children to enjoy outdoor learning and play safely while reducing the risks associated with sun exposure.



This policy outlines our commitment to:

PROTECTION: providing an environment that enables children and staff to stay safe in the sun.

EDUCATION: learning about sun safety to increase knowledge and influence behaviours.

COLLABORATION: working with parents and carers and our school community to raise the profile of sun safety.

PROTECTION



Clothing & Sunhats

Clothing is one of the most effective barriers between our skin and the sun and should always be considered the first line of defence against UV exposure. Ideally clothing should cover as much skin as possible. Shoulders should always be covered as they can easily burn.

Sun hats provided by both parents and schools should be:

- Either broad-brimmed, bucket style or legionnaire to adequately shade the face, neck, ears and cheeks.
- Baseball caps are not recommended as they do not provide shade to the neck, ears or cheeks.

Whilst we do not recommend baseball caps, they are still better than no hat at all! However extra care should be taken to protect the neck, ears and cheeks with sunscreen as these areas can easily burn.

Please ensure your child's sunhat and summer clothing is all labelled with their name.



Mytham will:

- Remind children to put on sunhats that they have brought to school at break times and lunch times during appropriate weather.
- Remind parents and carers about the importance of providing appropriate clothing and hats during warmer weather.
- Staff will model sun safe behaviours to our children.
- Provide a spare sun hat if this is available.



Sunscreen

Sunscreen recommendations for our families:

- Use a sunscreen with a Sun Protection Factor (SPF) of 30 or above with at least 4 star UVA protection.
- Apply generously to clean, dry exposed skin **prior to school** when the UV Index reaches 3 or above.
- Clearly label the product with your child's name.
- Ensure the product is in date. If an expiration date is not displayed, look for an open jar symbol with a number next to it (i.e. 12M) - that's the number of months you can safely use the sunscreen after opening.
- Sunscreen should be stored in a cool, dry place as heat exposure can reduce efficacy.
- Send sunscreen to school with your child and notify their class teacher as appropriate.



Mytham will:

- Remind parents and carers about the importance of sunscreen application as warmer weather approaches.
- Remind parents and carers to apply this to their child(ren) prior to arriving at school.
- Remind children who bring sunscreen to school to reapply this as needed.
- Supervise children as they re-apply sunscreen.
- Will support our youngest children in Early Years as appropriate to apply sunscreen to visible areas such as their arms, legs, head and neck as appropriate.

Sunglasses

Whilst sunglasses are not a requirement for pupils, they may be worn during periods of bright sunshine if parents and carers wish. Any sunglasses worn in school should provide adequate UV protection and comply with relevant safety standards (CE or UKCA marked). Children remain responsible for the care and safe storage of their sunglasses during the school day. School cannot replace lost sunglasses.



Hydration

Encouraging children to drink fluids regularly is important as children may not remember to drink by themselves. Young children have a higher proportion of body water than adults. They are also less heat tolerant and may be more likely to get dehydrated, especially when being physically active and in warmer weather.

Advice for parents and carers:

- Talk to your child about drinking plenty of fluids during warmer weather to keep hydrated.
- Provide your child with a water bottle to bring to school each day. You could put ice in this to keep it extra cool.
- Ensure your child brings their bottle home each day so it can be cleaned and refilled for the following day.



Mytham will:

- Remind our children about the importance of staying hydrated
- Ensure all children have access to water throughout the day whenever it is needed
- Allow pupils to refill water bottles with water as required

Break times, Lunch Times and Outdoor Learning

At Mytham Primary School, we value the many benefits of outdoor play and outdoor learning and recognise the important role these experiences play in supporting children's physical health, wellbeing and development.

During periods of warmer weather and when UV levels are high, staff will take reasonable steps to protect pupils from excessive sun exposure. This includes encouraging children to make use of shaded areas, adapting the timing or location of outdoor activities where appropriate, ensuring children have access to drinking water, and reminding pupils to wear hats and apply sunscreen.

Staff will actively supervise and monitor children during outdoor activities and promote sun-safe behaviours to help ensure that all pupils can enjoy learning and playing outdoors safely.

Monitoring of Warmer Weather & UV Levels

Mytham is committed to monitoring the daily UV Index during warmer months to ensure appropriate sun safety measures are implemented when necessary. We encourage our families to check UV levels too and take appropriate precautions and care during periods where UV levels are high.



Downloading the Met Office weather app can enable parents and carers to do this each day.

EDUCATION

At Mytham Primary School, we are committed to educating children about the importance of sun safety and developing lifelong habits that help protect their health and wellbeing.

Sun safety is taught through our Personal Development (PD) curriculum, where pupils learn about the risks associated with overexposure to the sun and the steps



they can take to stay safe. We further promote these messages through key stage and whole-school assemblies, as well as during themed events such as Safety Week.

Through age-appropriate learning opportunities, we encourage pupils to understand the importance of seeking shade, staying hydrated, wearing suitable clothing and hats, and using sunscreen to protect themselves from harmful UV radiation.

COLLABORATION

At Mytham Primary School, we recognise that effective sun safety is achieved through strong collaboration between school and home.



We work closely with parents and carers to promote consistent sun-safe practices and share important information, reminders and guidance throughout the year. Sun safety messages are communicated through our Friday Flyer, email communications, social media platforms and the school website, helping to ensure that families are informed, engaged and able to support our sun safety approach both in school and at home.





**BE THE BEST
YOU CAN BE**

MYTHAM PRIMARY SCHOOL SUN SAFETY

INFORMATION FOR PARENTS & CARERS

*Working together to keep
children safe in the sun!* ☀️

At Mytham Primary School, we want every child to enjoy outdoor learning and play safely. By working together, we can help children develop healthy sun-safe habits for life.



BEFORE SCHOOL CHECKLIST

How can I prepare my child?

- ☒ Apply SPF 30+ sunscreen before school
- ☒ Pack a named sunscreen bottle if needed
- ☒ Send a sun hat (bucket or legionnaire style preferred)
- ☒ Bring a full water bottle
- ☒ Wear clothing that covers shoulders



WHAT MYTHAM WILL DO



SHADE

Children will be encouraged to use shaded areas during periods of high UV exposure.



HYDRATION

Water is available throughout the school day and children are encouraged to drink regularly.



SUNSCREEN

Children bringing named sunscreen will be reminded and supervised when reapplying.



EDUCATION

Sun safety is taught through our Personal Development curriculum, assemblies and Safety Week activities.



UV MONITORING

We monitor UV levels during warmer weather and adapt activities where necessary.



We take sensible steps to protect children while still enjoying the many benefits of being outdoors.



THE SUN SAFE 4!



WEAR A HAT

Wear a broad-brimmed, bucket or legionnaire style hat.



USE SUNSCREEN

Apply SPF 30+ broad spectrum sunscreen before school.



SEEK SHADE

Use shade whenever possible, especially during peak UV times.



DRINK WATER

Drink plenty of water throughout the day.



A SUN SAFE SCHOOL DAY



MORNING

Sunscreen applied at home before school.



BREAK TIME

Hat on! Children encouraged to use shaded areas.



LUNCHTIME

Shade, water and sunscreen reminders.



OUTDOOR LEARNING & PLAY

Staff monitor UV levels and encourage sun-safe behaviours.



We promote sun safety all year round.

WORKING IN PARTNERSHIP

We share sun safety reminders and advice through:



EMAIL



FRIDAY FLYER



SOCIAL MEDIA



SCHOOL WEBSITE

Together, we can help every child stay safe, healthy and happy in the sun!



CHECK THE UV LEVEL

We monitor the daily UV Index during warmer months. You can check the UV forecast each day using the Met Office weather app.



MORE INFORMATION

Scan the QR code to read our full Sun Safety Policy on our school website.



PLEASE REMEMBER...

- ✓ Reapply sunscreen as needed
- ✓ Label all sunscreen bottles
- ✓ Ensure sunscreen is in date
- ✓ Encourage your child to drink plenty
- ✓ Model positive sun safe behaviours



PROTECT



EDUCATE



COLLABORATE

Be the best you can be

