



Hobletts Manor School's Sun and Heat Protection Policy



This policy has been created using the government guidance July 2023 'Looking after children and those in Early Years settings before and during hot weather.' It has been created to ensure that as schools we are promoting a good level of sun/heat protection, education collaboration and sun safety for our children and families.

- **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 behaviour.
- **COLLABORATION:** working with parents, the management structure and the wider community to reinforce awareness about sun safety and skin cancer prevention.

Our schools are aware that we are in an important position to help protect children's skin because:

- children are at school five out of seven days a week at times when UV rays are high and spend time outside each day.
- most damage due to sun exposure occurs during the school years
- schools can play a significant role in changing behaviours through role modelling and education
- the development of skin cancer in later years is largely preventable through behaviour modification and sun protection during early years

OUTDOOR PROTECTION MEASURES

Our schools will undertake the following measures to ensure sufficient sun/heat protection for children and staff:

Priority 1 - Clothing

- Children and staff are encouraged to wear protective clothing during the summer term that is loose and light coloured to keep cool but covers the skin as much as possible. Our school uniform policy provides flexibility and it is advised that parents/carers choose items made from fabrics with a close weave, and this includes polo shirts, long sleeved shirts, longer style dresses/skirts and long shorts. PE kit includes the requirement for t-shirts to be worn; no vest style tops are permitted. Note those in wheelchairs are at particular risk and are encouraged cover their legs as much as possible.
- Consideration will be given to relaxing uniform rules to ensure children are comfortable. Parents/carers will be advised of this via Arbor/email.
- Children are strongly encouraged to wear hats (preferably wide-brimmed) that protect their face, neck, and ears, when they are outside in hot, sunny weather.
- Staff members will encourage children to remove cardigans and jumpers/hoodies

Priority 2 - Shade

- Our schools guide children towards playing/working in shaded areas/taking regular opportunities to be in the shade in hot weather.
- The availability of shade is a consideration when planning excursions and outdoor activities, as part of the risk assessment process.
- In extreme weather, children will be supported to remain in the shade at all times.

Priority 3 - Sunscreen

Covering up and seeking shade are the most important sun protection measures but in addition, sunscreen can provide protection to exposed skin. However, sunscreen should not be used to increase the amount of time spent in the sun.

- Parents/carers are encouraged to apply waterproof sunscreen in the morning before school starts – SPF 30 or above.
- Sunscreen will be available at individual classroom doors in the Nursery and Infants' School/Parent Partners in the Junior School when children arrive at school for parents/carers to put on their children if they have been unable to do so before leaving home and do not have any sunscreen with them. Note – where parents/carers feel that it is appropriate, for example on swimming days, a permission form can be signed and sun cream labelled with the individual child's name can be kept in school for self-administration by the child in the middle of the school day, Staff will do their utmost to supervise self-application.

Priority 4 – Activity

- In line with recommendations from the Department of Health and Social Care (DHSC), PE lessons will be adapted to low impact/sedentary activity. This will be reflected over play and lunchtimes.

INDOOR PROTECTION MEASURES

- Where possible, classroom doors as well as windows will be opened to encourage cross ventilation
- Windows will be opened as early as possible in the morning before children arrive.
- Windows will be closed when the outdoor air becomes warmer than the air indoors – this to help keep the heat out while allowing adequate ventilation. Indoor blinds or curtains can be closed where possible but should not block ventilation.
- Electric lighting will be kept to a minimum and equipment will not be left in 'standby mode', as this generates heat. Mechanical fans may be used to increase air movement if temperatures are below 35°C – at temperatures above 35°C fans may not prevent heat-related illness and could worsen dehydration.
- Children will continue to be encouraged to drink water regularly to remain hydrated and more regularly than usual in hot weather.

STAFF AS ROLE MODELS

School staff are encouraged to act as role models for sun safety by:

- wearing protective hats and clothing when outside with children
- wearing SPF20+ sunscreen
- seeking shade wherever possible
- encouraging families and visitors to use a combination of sun protection measures when attending and participating in outdoor activities
- encouraging parents/carers to support the school by acting as role models and providing protection for their children
- maintaining a positive approach to sun protection strategies and delivering resources to educate on sun safety, including sessions led by senior leadership e.g. in assemblies. Teachers in all year groups will explain clearly and remind children that exposure to the sun, especially in the summer months, can cause sunburn and have even more serious effects.
- advising children that in hot weather, they need to be sensible about what they wear, what they drink and the amount of time they can safely spend in direct sunlight, particularly during the longer lunchtime break.
- encouraging children to remind their parents/carers to apply sunscreen before they come to school.

- circulating local authority heat warnings amongst staff and parents/carers as appropriate.

ADVERSE WEATHER - HEATWAVES

In extreme weather, and in addition to the above measures, flexible collection times may be considered and this policy is considered to be prior notification of this option. In such instances parents/carers will receive a message giving them the option to use their own discretion around the early collection of their child. (This will also result in reduced numbers of children in the school building with the benefit of making it easier to keep them cool.) In such instances children will be released to parents/carers or a nominated adult (this does not include elder siblings). We would like to thank parents/carers for ensuring that their children then remain indoors out of the sun. Activities in school will be adapted for those children who remain and Wrap Around Care arrangements will remain.

- Additional Sunscreen and Sun Safety Tips can be found by visiting <https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

Updated Summer 2025