

Thames View Junior School

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Sun Protection Policy

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Thames View Junior School

Sun Protection Policy

1. Policy Statement

At Thames View Junior School, we recognise the importance of protecting children, staff and visitors from the harmful effects of ultraviolet (UV) radiation. We are committed to promoting safe enjoyment of outdoor activities while reducing the risk of sun damage and supporting lifelong healthy habits.

Research demonstrates that excessive exposure to ultraviolet radiation during childhood significantly increases the risk of developing skin cancer later in life. Skin cancer is one of the most common cancers in the UK, yet it is largely preventable through effective sun protection measures.

As children spend a significant proportion of their week at school, Thames View Junior School has a responsibility to minimise unnecessary sun exposure while continuing to provide opportunities for outdoor learning, play and physical activity.

This policy forms part of the school's commitment to safeguarding, health and safety, and promoting the wellbeing of all members of the school community.

2. Aims

This policy aims to:

- Protect pupils, staff and visitors from the harmful effects of excessive sun exposure.
- Promote healthy sun-safe behaviours throughout the school community.
- Reduce the risk of sunburn and long-term skin damage.
- Ensure staff understand their responsibilities regarding sun protection.
- Encourage parents and carers to work in partnership with the school.
- Provide guidance for outdoor learning, sporting activities and educational visits.

3. Why Sun Protection is Important

Research highlights that:

- Sun exposure during the first 15 years of life significantly increases the likelihood of developing skin cancer in adulthood.
- Most lifetime sun damage occurs during childhood and adolescence.
- Children and adults can experience sunburn within 10–15 minutes during periods of strong sunshine.
- Pupils spend approximately 1.5 hours outdoors during a typical school day, with additional exposure during PE, sporting events and educational visits.
- Schools have a unique opportunity to encourage positive behaviours through education and role modelling.
- Skin cancer is largely preventable through effective sun protection practices established from an early age.

4. Scope

This policy applies to:

- All pupils
- All staff
- Volunteers
- Governors
- Visitors attending school events
- Contractors working outdoors on the school site

It applies during:

- School hours
- Break and lunchtime
- PE lessons
- Forest School and outdoor learning
- Educational visits
- Sports days
- School trips
- Extra-curricular clubs
- Holiday provision operated by the school

5. Roles and Responsibilities

Governing Body

The Governing Body will:

- Support the implementation of this policy.
- Ensure appropriate resources are available.
- Monitor the effectiveness of the policy through regular review.

Headteacher

The Headteacher will:

- Ensure the policy is implemented consistently.
- Promote awareness of sun safety across the school.
- Ensure suitable shade is available wherever reasonably practicable.
- Include sun protection within risk assessments for outdoor activities.

Staff

All staff will:

- Act as positive role models by following recommended sun safety guidance.
- Encourage pupils to wear hats and protective clothing.
- Encourage pupils to seek shade whenever appropriate.
- Supervise pupils who are independently applying sunscreen where appropriate.
- Monitor pupils for signs of heat-related illness.
- Adjust outdoor activities where necessary during periods of extreme heat.

Staff **must not** apply sunscreen directly to pupils unless this forms part of an agreed healthcare plan or exceptional circumstance in accordance with the school's Intimate Care and First Aid procedures.

Parents and Carers

Parents and carers are asked to:

- Apply sunscreen to their child before school.
- Provide a named bottle of sunscreen for reapplication where appropriate.
- Ensure their child has a suitable sun hat.
- Ensure their child brings a refillable water bottle.
- Encourage positive sun-safe habits at home.

Pupils

Pupils are expected to:

- Wear their sun hat when outside during sunny weather.
- Drink water regularly.
- Use shaded areas where available.
- Apply sunscreen independently if required and age appropriate.
- Follow staff instructions regarding sun safety.

6. Sun Protection Measures

Clothing

During periods of warm and sunny weather:

- Pupils are encouraged to wear lightweight clothing that covers the shoulders.
- The school uniform has been designed using close-weave fabrics and includes polo shirts, longer-style dresses and shorts suitable for warmer weather.
- PE kit requires pupils to wear T-shirts at all times. Vest-style tops are not permitted.
- Broad-brimmed or legionnaire-style hats are recommended as they provide protection for the face, ears and neck.
- Baseball caps provide limited protection and are therefore not recommended. If worn, sunscreen should also be applied to exposed areas.
- Sunglasses providing appropriate UV protection may be worn where appropriate.

Sunscreen

Covering up and seeking shade remain the most effective methods of sun protection. Sunscreen should be regarded as an additional protective measure rather than a way to prolong time spent in the sun.

The school recommends:

- Broad-spectrum sunscreen with a minimum SPF 20 (SPF 30 or above is preferable).
- Water-resistant sunscreen where appropriate.
- Sunscreen should be applied before pupils arrive at school.
- Parents should provide a named sunscreen for their child if reapplication may be necessary.
- Pupils should be encouraged to apply sunscreen independently before outdoor activities where appropriate.

- Staff may supervise but will not routinely apply sunscreen.

Shade

Thames View Junior School aims to maximise the use of shade by:

- Providing access to shaded outdoor areas.
- Encouraging pupils to play in shaded spaces.
- Using covered areas during outdoor learning where possible.
- Considering shade when planning sports days, educational visits and outdoor events.
- Including shade provision within outdoor risk assessments.

During periods of extreme UV or high temperatures, outdoor activities may be adapted, shortened or moved indoors where appropriate.

Hydration

To reduce the risk of heat-related illness:

- Pupils should have access to drinking water throughout the day.
- Children should bring a refillable water bottle to school.
- Staff will encourage pupils to drink regularly, particularly during PE and outdoor activities.
- Additional water breaks will be provided during hot weather.

7. Curriculum

Sun safety education will be incorporated into the curriculum where appropriate, including:

- Personal, Social, Health and Economic (PSHE) Education
- Science
- Health and Wellbeing activities
- Assemblies
- National awareness campaigns where appropriate

Learning may include:

- Understanding UV radiation.

- Why skin protection is important.
- Recognising signs of overheating.
- Developing healthy lifelong habits.

8. Educational Visits and Sporting Events

When organising outdoor activities, staff will:

- Check weather forecasts.
- Consider UV levels where appropriate.
- Schedule activities to avoid prolonged exposure during the hottest parts of the day where possible.
- Ensure pupils have opportunities to access shade.
- Encourage regular hydration.
- Include sun protection within risk assessments.

9. Heatwave and Extreme Weather

During periods of exceptionally hot weather, the school may implement additional measures including:

- Increasing indoor learning opportunities.
- Adjusting PE activities.
- Shortening outdoor playtimes where necessary.
- Increasing water breaks.
- Encouraging greater use of shaded areas.
- Communicating additional guidance to parents and carers.

10. Inclusion and Equality

The school recognises that all skin types can be damaged by ultraviolet radiation, although some individuals may be at greater risk than others.

Reasonable adjustments will be made where pupils have:

- Medical conditions affecting sun sensitivity.
- Medication increasing sensitivity to sunlight.
- Individual healthcare plans requiring additional protection.

11. Monitoring

The Headteacher and Senior Leadership Team will monitor the implementation of this policy through:

- Staff observations.
- Educational visit planning.
- Risk assessments.
- Feedback from pupils, staff and parents.
- Annual policy review.

12. Related Policies

This policy should be read alongside:

- Health and Safety Policy
- First Aid Policy
- Educational Visits Policy
- Supporting Pupils with Medical Conditions Policy
- Behaviour Policy
- Safeguarding and Child Protection Policy

Appendix A – Sun Safety Guidance

Slip

Slip on clothing that covers the shoulders and upper arms.

Slop

Slop on sunscreen (minimum SPF 20, SPF 30+ preferred) before coming to school and reapply as necessary.

Slap

Slap on a wide-brimmed or legionnaire-style hat to protect the face, ears and neck.

Seek

Seek shade whenever possible, especially during the middle of the day.

Slide

Slide on UV-protective sunglasses if appropriate.

Sip

Sip water regularly throughout the day to stay hydrated.

Policy Review

This policy will be reviewed annually or sooner if there are changes in legislation, Department for Education guidance, Health and Safety Executive recommendations or recognised public health advice.