

‘Live Life in all its Fullness’ John 10:10



**Heartwood Church of England VC Primary and
Nursery School**

Sun and Heat Safety Policy

Agreed by the Governing Board: July 2026

Sun Safety Policy

Too much exposure to ultraviolet (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 contribute significantly to the lifetime risk of skin cancer.

At Heartwood VC Primary and Nursery school, we want all staff and children to enjoy the sun safely. We will work with staff, parents and carers to achieve this through:

Education

- All children will take part in age-appropriate discussions at the start of the summer term about sun safety, the importance of protecting themselves from UV radiation and the risks of overexposure.
- All staff will be informed of the importance of sun protection and their role in promoting good sun safety practices.
- Parents and carers will be informed of our Sun Safety Policy. Sun safety will be promoted through working with parents, staff and the wider school community to improve understanding of the harmful effects of UV radiation.
- Staff should act as positive role models by seeking shade where possible, wearing appropriate clothing, staying hydrated and following good sun safety practices.

Protection

- The school provides shaded outdoor areas, including shelters and mature trees.
- Children will be encouraged to use shaded areas during outdoor activities and playtimes where appropriate.
- During periods of high UV levels, outdoor activities will make use of shaded areas where possible and restrict the amount of time spent outside.

Clothing

- Children are encouraged to wear clothing that provides good sun protection, including wide-brimmed or legionnaire-style hats where possible.
- Parents and carers will be informed of the importance of providing appropriate sun-protective clothing and headwear.
- Children are encouraged to drink plenty of water during hot weather and while taking part in outdoor activities.
- Drinking water will always be available throughout the school day.

Sunscreen – Nursery

- Parents of children attending for a half day should apply sunscreen before their child attends nursery.
- For children attending a full day, parents should apply sunscreen before arrival and staff will assist with reapplication during the day when required.

- Parents will be asked to provide written permission for sunscreen to be applied.
- Parents are required to provide an in-date, broad-spectrum sunscreen with a minimum SPF 30 (SPF 50 is recommended).
- Sunscreen will be reapplied in accordance with the manufacturer's instructions, particularly before afternoon outdoor activities where needed.

Sunscreen – Reception to Year 6

- Parents and carers should apply sunscreen to their child before they come to school.
- Children may bring their own labelled sunscreen to school to reapply before afternoon outdoor activities if needed.
- Younger children may be supported by staff to apply their sunscreen with parental permission.
- Parents are required to provide an in-date, broad-spectrum sunscreen with a minimum SPF 30 (SPF 50 is recommended).
- Sunscreen should be reapplied in accordance with the manufacturer's instructions where necessary.

Extreme Heat

During periods of hot weather, where temperatures are forecast to reach the high 20°Cs or above, the school will take additional steps to ensure the health, safety and wellbeing of pupils and staff. These may include:

- Encouraging children to spend time in shaded areas wherever possible.
- Reducing or adapting outdoor activities, including PE, sports and playtimes, particularly during the hottest part of the day.
- Ensuring drinking water is readily available and encouraging children and staff to drink regularly throughout the day.
- Allowing pupils to wear sun hats outdoors and, where appropriate, relaxing the school uniform expectations to help keep children cool.
- Keeping classrooms as cool as possible by using blinds or curtains, opening windows where appropriate to improve ventilation and using fans where available.
- Monitoring children and staff for signs of heat-related illness and responding promptly if anyone becomes unwell.
- Informing parents and carers of any additional measures that may be introduced during periods of extreme heat.