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Lanesend Primary School

Sun Protection Policy School Sport and Healthy Lifestyle Policy

Signed: Date:
(Headteacher)

Signed: Date:
(Chair of Governors)

Review Date: May 2019 (Every 3 Years)

Reviewed By: Headteacher and Family Liaison Officer

Lanesend Primary **Sun Protection Policy**

Public Health England has published guidance for teachers and other professionals on looking after children during heatwaves.

It notes:

This advice should be followed during periods of hot weather, but it is particularly important if a level amber or red heatwave alert is announced.

In the event of such an alert, health organisations and local authorities will be alerted by the Met Office.

We highlight some of the main points from the guidance below:

Protecting children from the sun outdoors

Loose, light-coloured clothing should be worn to help children keep cool, and hats with wide brims should be worn to avoid sunburn

Thin clothing or sun cream should be used to protect skin if children are playing or taking lessons outdoors for more than 20 minutes. A suitably high factor of sun cream, applied before school by the child's family, should be sufficient to provide the necessary protection for the whole day. Staff are not allowed to apply sun cream, so if sun cream is brought in to school it is the responsibility of the child to apply the lotion with staff supervision. Families are asked to avoid this wherever possible. However, if your child has a specific medical reason that would require further application during the course of the school day the school will support this through the medical policy and procedures.

Staff will continually remind children about the importance of drinking water.

On very hot days (for example, where temperatures are in excess of 30°C) children should not take part in vigorous physical activity

Children playing outdoors should be encouraged to stay in the shade as much as possible

Protecting children from the sun indoors

Windows and other ventilation openings should be opened during the cool of early morning or preferably overnight to allow stored heat to escape from the building. It is important to check insurance conditions and the need for security if windows are to be left open overnight

Keep the use of electric lighting to a minimum during heatwaves

All electrical equipment, including computers, monitors and printers should be switched off when not in use and should not be left in standby mode. Electrical equipment, when left on or in standby mode, generates heat.

Maintaining children's health during hot weather conditions

Encourage children to eat normally

Encourage children to drink plenty of cool water on hot days

In extreme hot weather conditions for a prolonged period, consideration would be made to rearrange the school start and finish times to avoid teaching during very hot conditions.

Every attempt will be made to make the environment comfortable for both children and staff. However, in extreme and prolonged periods of heat where the environment cannot be cooled to a comfortable temperature, then the Headteacher, in consultation with the Chair of Governors, may take the decision to close the school for all or part of the day.

Use classrooms or other spaces that are less likely to overheat in preference to others, and adjust the layout of teaching spaces to avoid direct sunlight on children. Oscillating mechanical fans can be used to increase air movement if necessary.

Children most likely to be affected by high temperatures

Children's susceptibility to high temperatures varies; those who are overweight or who are taking medication may be at increased risk of adverse effects.

Children four years of age and under are also at increased risk.

Some children with disabilities or complex health needs may be more susceptible to temperature extremes. The school nurse, community health practitioner, family health visitor or a child's specialist health professional may be able to advise on the particular needs of an individual child.

Actions to take if heat stress or heat exhaustion is suspected

School staff should look out for signs of heat stress and heat exhaustion.

Children or adults suffering from heat stress will show general signs of discomfort.

These signs will worsen with physical activity or, if left untreated, can lead to heat exhaustion or heat stroke. Signs of heat exhaustion include:

- Irritability
- Fatigue
- Dizziness
- Headache
- Nausea
- Hot, red and dry skin

The guidance notes, "if sensible precautions are taken children are unlikely to be adversely affected by hot conditions".