

Sun Safety Policy

Aim

The aim of this policy is to protect children and staff from skin damage caused by the effects of ultraviolet radiation from the sun.

Context

The increasing incidence of skin cancer is an issue that affects parents and schools. Prolonged over-exposure to the sun and episodes of sunburn under the age of 15 are risk factors for skin cancer later in life. Exposure to the sun can also cause premature ageing of the skin. The British Association of Dermatology estimates that four out of five skin cancer deaths are preventable.

It is therefore important to protect the more delicate skin of young children and teenagers to reduce the risk of cumulative damage and sunburn.

The Ladies' College Sun Safety Policy consists of two elements:

Education about sun safety: learning about sun safety can help to instil positive attitudes and practices that persist into adulthood.

Protection from the sun: practical protection in the form of shade, appropriate clothing and high factor sun protection cream is the most effective way of preventing sunburn and reducing the risk of skin cancer.

As part of the Sun Safety policy the Ladies' College will:

- **Encourage pupils to use sunscreen when appropriate.** Letters detailing equipment needed for College trips and activities in the summer months will include a reminder to wear/bring sun protection cream.

- **Encourage all pupils to wear sun protection cream while at school during the summer months or while on outdoor trips and activities.** Parents of Melrose pupils are reminded via newsletters to apply sunscreen to their daughters before they come to school each morning. Girls with fair or sensitive skin may bring a named tube or bottle with cream that they are able to apply themselves. Senior school students are encouraged to bring their own sunscreen to College with them during the summer months. Notices will be displayed on the information screens during the summer months recommending that girls apply sunscreen when going outside. Sunscreen should be sealed in a plastic bag to protect books, bags and lockers from spillages.

- **Encourage younger pupils to wear a sun hat.** Melrose pupils must have a regulation sun hat at school every day during warm weather. Regular reminders are issued in newsletters to parents.

- **Provide areas of shade for use during break time and lunch time.** For example, we have introduced parasols for the outdoor picnic benches.

- **Provide areas of shade such as marquees or gazebos during outdoor sports activities and events.** House Athletics has been moved to Footes Lane where there are covered stands for spectators; Some parasol shade is made available at House swimming competition.

- **Encourage all pupils to keep hydrated during the day.** This is especially important during warm weather. Pupils at Melrose are encouraged to bring full, named water bottles to school every day. These are taken home each afternoon. They can be refilled from the water fountain during the day if necessary. At the senior school bottles of mineral water are available from a vending machine in the foyer. In addition, students may fill their own bottles from a free water fountain on the ground floor corridor.