



Polisi Amddiffyniad Rhag yr Haul

Ysgol Gynradd Gymraeg Parc y Tywyn

The United Nations Convention on the Rights of the Child (CRC) is central to our school's plans, policies, practice and ethos. As a Rights Respecting School we teach about children's rights and also model rights and respect in all relationships – Linked to Articles 19 and 36.

Rationale: Receiving too much ultraviolet light radiation from the sun on the skin causes sunburn, damages the skin and increases the risk of skin cancer. Getting too much sun during the first 15 years of life contributes significantly to the lifetime risk of skin cancer. There is huge potential for schools to help prevent skin cancer in future generations.

Introduction

Receiving excessive ultraviolet (UV) radiation from the sun on the skin causes sunburn, damages the skin, and increases the risk of skin cancer. Excessive sun exposure during the first 15 years of life significantly contributes to the lifetime risk of skin cancer. Schools have a tremendous potential to help prevent skin cancer in future generations. Schools are central to protecting children's skin because:

- Children are at school five days a week during times when UV rays are high.
- Most of the damage from excessive sun exposure occurs during school years.
- Schools can play a significant role in changing behavior through role modeling and education.
- Students and teachers are at risk of sunburn within 10-15 minutes of being outside in strong sunlight.
- Students spend an average of 1.5 hours outdoors during the school day, more if they participate in sports and outdoor activities.
- Skin cancer is largely preventable through behavioral adjustments and sun protection during early years.

Sun Protection Strategies at Parc y Tywyn

Clothing:

- At Ysgol Gynradd Gymraeg Parc y Tywyn, we encourage students and staff to wear protective clothing during the summer term.
- Sports clothing should not include vest tops.
- Children are asked to wear hats that protect their face, neck, and ears, such as legionnaire hats or bucket hats when outdoors.

- Children's eyes are very sensitive to light. Therefore, it is important to protect their eyes by ensuring they wear sunglasses with UV protection if possible. (Look for BS EN 1836:1997 on the label.)
- Sunscreen - covering the skin and seeking shade are the most important sun protection measures. Sunscreen can provide protection for exposed skin. Parents and students are asked to apply sunscreen before school starts - SPF 30 or higher and eight-hour sunscreen. Children are encouraged to keep sunscreen in their clearly labelled school bags, and teachers will encourage them to apply it before extended periods of play/lessons/activities outdoors.
- We know children will be exposed to UV radiation when it is at its strongest (11am-3pm) which can lead to sunburn and skin damage. Therefore, we ensure that students take breaks after being in the sun for a while.

Shade:

- The school has shaded areas and trees that provide shade on the school grounds, especially in places where students gather.
- Availability of shade is considered when planning trips and all outdoor activities.
- Children are encouraged to use the available shaded areas when outdoors and during break and lunch times.

Role Modeling:

- Staff are encouraged to be role models by:
- Wearing hats, protective clothing, and sunglasses when outdoors.
- Applying broad-spectrum SPF30+ sunscreen to their skin.
- Seeking shade whenever possible.
- We strive to schedule outdoor activities before 11.30 am or after 2.00 pm and ensure students take breaks from the sun.
- Including sun safety in the curriculum.
- Encouraging parents to support the school by being role models and providing protection for their children.
- Encouraging parents to purchase sun protection materials and use shaded structures.
- Regularly reminding parents about using sunscreen and providing sunglasses and hats for their children, and informing them about class trips.

School Trips:

- Every trip requires students to bring a sun hat, sunglasses, and clearly labelled sunscreen with the child's name.
- Students are encouraged to use sunscreen on school trips, and staff organizing and accompanying the trip will be provided with additional sunscreen (SPF 30+) in case children forget their own. On sunny days, staff on school trips will remind every student of the need to apply sunscreen regularly. Staff will encourage and supervise children as they apply sunscreen.

Reviewing and Evaluating the Policy:

- We consider current health education guidelines and implement any changes as needed.
- We review how sun protection is included in the curriculum.

Review:

- The sun protection policy is regularly reviewed or if legislation changes.

For more information, you can go on this website:

<http://www.sunsmart.org.uk/>

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Cadeirydd y Llywodraethwyr	Mr M Davies	<i>MDavies</i>	20.05.24
Pennaeth yr Ysgol	Mrs A Williams	<i>AWilliams</i>	16.07.25

Dyddiad Adolygu	Mai 2026
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