Sheriffhales Primary School and Preschool

Sun Safety & Hot Weather Policy

2026/2027

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Approved by:

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Sun Safety and Hot Weather Policy

1. Purpose

Sheriffhales Primary School and Preschool is committed to protecting pupils, staff and visitors from the harmful effects of excessive sun exposure and high temperatures.
This policy promotes safe practices to reduce the risk of sunburn, dehydration, heat exhaustion and long-term skin damage.

Children are particularly vulnerable to sunburn, which can occur even on cloudy days during the summer months.
Excessive exposure to ultraviolet (UV) radiation during childhood increases the risk of skin damage and skin cancer later in life.
Promoting good sun-safety habits forms part of the school's duty of care and commitment to pupils' health and wellbeing.

2. Aims

The school aims to:

- Protect pupils and staff from harmful UV exposure.
- Promote healthy sun-safety habits.
- Reduce the risk of dehydration and heat-related illness.
- Support pupils in developing personal responsibility for their health and wellbeing.
- Ensure appropriate arrangements are in place during periods of hot weather and heatwaves.

3. Sun Safety Measures

Shade

Where possible, pupils will be encouraged to:

- Use shaded areas during break and lunchtime.
- Participate in activities under cover or in shaded locations during periods of strong sunshine.
- Avoid prolonged exposure to direct sunlight during the hottest parts of the day.

Clothing and Hats

Parents are encouraged to provide:

- A suitable sun hat - a peaked , well-fitted cap, for outdoor activities.
- Lightweight, loose-fitting clothing suitable for warm weather.
  (During a heatwave, normal school grey trousers/pinafores/ skirts, or sweatshirts can be replaced by PE shorts and any school t-shirt).

Pupils will be encouraged to wear hats during outdoor learning, PE lessons, playtimes, sports days and educational visits when appropriate.

Hydration

The school will:

- Ensure all pupils have access to drinking water throughout the day.
- Encourage pupils to drink water regularly.
- Permit pupils to carry water bottles where appropriate.

4. Sunscreen

Parental Responsibility

Parents are encouraged to apply a broad-spectrum SPF 50+ sunscreen to their child before school each day during periods of sunny weather.

Research indicates that a thorough morning application of SPF 50+ sunscreen can provide effective protection for a typical UK school day when combined with hats, shade and appropriate clothing.

Parents should ensure that:

- Sunscreen is suitable for their child's skin.
- Their child is not allergic to the product being used.
- Sunscreen is not sent to school other than on residential trips, when parents have shown children how to apply sunscreen. This supports the development of personal responsibility and self-care skills. Pupils must not share sunscreen products with others. All sunscreen on residential trips must be named, in a sealed clear plastic bag.

Additional Guidance

While dermatologists generally recommend reapplying sunscreen every two hours when outdoors, this is not practical within a school setting and we recommend an all-day broad-spectrum screen is applied at home before school.

Additional sun protection measures such as hats, shade, hydration and suitable clothing remain important throughout the day.

During heatwaves, sports days, swimming activities, educational visits or prolonged outdoor events, sunscreen reapplication becomes particularly important and additional arrangements may be made where appropriate.

5. Hot Weather and Heatwave Procedures

During periods of exceptionally hot weather or official heatwave alerts, the school will take additional measures to maintain a safe environment.

The school will:

Reduce Indoor Temperatures

- Keep blinds closed before classrooms become excessively warm.
- Open windows early in the morning and later in the afternoon to maximise ventilation.
- Create cross-ventilation by opening windows and doors on opposite sides of the building where safe to do so.
- Use fans to increase air circulation, ensuring they are safely positioned and supervised where necessary.

Adapt Outdoor Activities

The school may:

- Move activities to shaded areas.
- Reduce the duration of outdoor activities.
- Adjust PE lessons and sports activities.
- Modify timetables where necessary to protect pupils and staff.

Promote Hydration

- Encourage regular water consumption throughout the day.
- Provide opportunities for pupils to refill water bottles.
- Monitor pupils who may be more vulnerable to dehydration.

6. Recognising Heat-Related Illness

Staff will remain vigilant for signs of heat exhaustion, including:

- Dizziness
- Headache

- Excessive sweating
- Nausea
- Fatigue

Any pupil displaying symptoms of heat-related illness will be moved to a cool area, provided with water and appropriate first aid, and parents will be contacted where necessary.

7. Roles and Responsibilities

Parents and Carers

Parents are responsible for:

- Applying sunscreen before school where appropriate.
- Providing a suitable hat (named)
- Sending a refillable, named water bottle into school daily
- Ensuring their child understands not to share sunscreen products (on trips).

Staff

Staff are responsible for:

- Encouraging good sun-safety practices.
- Supervising pupils' self-application of sunscreen where appropriate.
- Promoting hydration.
- Monitoring pupils for signs of heat-related illness.
- Implementing heatwave procedures when required.

Pupils

Pupils are expected to:

- Drink water regularly.
- Wear hats when requested.
- Apply their own sunscreen where appropriate.
- Follow staff guidance regarding sun safety and hot weather.

This policy will be reviewed regularly and updated in line with public health guidance and the needs of the school community.

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