



## CHRISTLETON HIGH SCHOOL

### Sun Protection Guidelines

#### 1. Why is sun protection important for young people?

Skin cancer is one of the most common cancers in the UK and the number of cases is rising at an alarming rate. The good news is that the majority of these cases could be prevented. Most skin cancers are caused by ultraviolet (UV) radiation from the sun.

We all need some sun to make enough vitamin D. Enjoying the sun safely, while taking care not to burn, should help most people get a good balance without raising the risk of skin cancer.

For more information on vitamin D, visit the SunSmart website: [www.sunsmart.org.uk](http://www.sunsmart.org.uk)

If we protect ourselves from the sun then we can reduce our risk. This is particularly important for young people whose skin is more delicate and easily damaged.

There are simple steps to take to enjoy the sun safely:

- To cover up with clothing and a hat
- To spend time in the shade
- To apply at least SPF 15 sunscreen generously and regularly.

#### 2. Our Approach

At Christleton High school, we acknowledge the importance of sun protection and want our students and staff to enjoy the sun safely.

We will work with staff, students and parents to achieve this through:

##### 2.1 EDUCATION:

- All year 7-11 students will receive at least one PHSE sun protection lesson.
- We will discuss the importance of sun protection in assemblies at the start of the summer term and before summer break.

##### 2.2 PROTECTION

- Shade: When the sun is strong we will encourage students to sit in the shade and allow students access to sit inside out of the sun.
- Timetabling: Where appropriate, we will aim to schedule outside activities outside of the hottest and sunniest parts of the day
- Sunscreen: Students are encouraged to apply at least factor SPF 15 sunscreen in school and will be reminded to do so by teachers before lunch break. Sunscreen use will be encouraged on school trips and staff will be provided with extra sunscreen in case students forget their own.
- Students will be allowed to wear hats to protect themselves in the sun.