

Stanton St Quintin Primary School



To Motivate Educate and Nurture

**Langley Fitzurse C of E Primary
School**



Amaze, Excite and Inspire

**Let us help each other to love
others and do good. Hebrews**

Stanton St Quintin Primary School
Langley Fitzurse C of E School

Sun Safety and High Temperature Policy

Policy and Procedure: Sun Safe and High Temperature Policy

Date of Approval: October 2026

Review date: October 2029

Statement of intent

At Stanton St Quintin Primary and Nursery School and Langley Fitzurse CoE Schools, we are committed to ensuring that we meet our health and safety obligations to staff and pupils, including during outdoor activities.

During summer months, there comes the possibility of heatwaves. In these cases, it is exceptionally important to stay in cooled rooms inside, and in the shade outside. As a school, we know that health and safety is of the utmost importance, and it is vital that we address this issue.

Overexposure to the sun's ultraviolet (UV) radiation presents a severe risk to the health and wellbeing of our staff and pupils, with the potential to cause sunburn, blistering and sickness.

This policy outlines the framework in which our school will identify, manage and minimise the risks of UV rays to our staff and pupils. The procedures outlined within this policy should be adhered to by all staff members, pupils, parents and visitors whilst on the school premises or attending a school event.

Legal framework

This policy has due regard to relevant legislation and guidance including, but not limited to, the following:

- The Health and Safety at Work etc. Act 1974
- The Management of Health and Safety at Work Regulations 1999
- Keeping Children Safe in Education 2026

This policy will be implemented in conjunction with the following school policies:

- Health and Safety Policy
- Child Protection and Safeguarding Policy
- Allegations of Abuse Against Staff Policy
- Supporting Pupils with Medical Needs Policy
- Special Educational Needs (SEND) Policy

Risk Management and minimising risk.

Health risks from heat

Children cannot control their body temperature as efficiently as adults during hot weather because they do not sweat as much and so can be at risk of ill-health from heat. Heat-related illness can range from mild heat stress to potentially life-threatening heatstroke. The main

risk from heat is dehydration (not having enough water in the body). If sensible precautions are taken, children are unlikely to be adversely affected by hot conditions, however, teachers, assistants, school nurses and all child carers should look out for signs of heat stress, heat exhaustion and heatstroke.

Heat stress

Children suffering from heat stress may seem out of character or show signs of discomfort and irritability (including those listed below for heat exhaustion). These signs will worsen with physical activity and if left untreated, can lead to heat exhaustion or heatstroke.

Symptoms of heat exhaustion vary but include one or more of the following:

- tiredness
- dizziness
- headache
- nausea
- vomiting
- hot, red and dry skin
- confusion
- Heatstroke

Heatstroke

When the body is exposed to very high temperatures, the mechanism that controls body temperature may stop working. Heatstroke can develop if heat stress or heat exhaustion is left untreated, but it can also occur suddenly and without warning.

Symptoms of heatstroke may include:

- high body temperature – a temperature of or above 40°C (104°F) is a major sign of heatstroke
- red, hot skin and sweating that then suddenly stops
- fast heartbeat
- fast shallow breathing
- confusion/lack of co-ordination
- fits
- loss of consciousness

To minimise the risk of heatstroke, sunstroke and sun damage,

During the summer months, there is the potential for heatwaves. The UK Health Security Agency's published guidance <https://www.gov.uk/guidance/looking-after-children->

[andthose-in-early-years-settings-before-and-during-hot-weather-teachers-and-othereducational-professionals#:~:text=Children%20should%20not%20take%20part,wide%20brims%20to%20avoid%20sunburn.](#)

There is no prescribed maximum temperature for educational establishments; however, the DfE have suggested a maximum working temperature of 35°C.

The school will follow the Local Authority Guidance for decisions of school closure. Should this be the case, then the school will contact parents giving as much notice as possible.

The decision to close the school will be at the Executive Headteacher's discretion.

Messages will be sent to parents and carers to remind them to pack a hat and enough water for their child before arriving at the school.

Clothing

Everyone working at/attending the school during daylight hours will be required to wear sun-safe clothing which covers as much of their skin as possible. This includes wearing:

- Loose fitting shirts and dresses with sleeves and collars or covered necklines.
- Longer style skirts, shorts or trousers.
- Tops that cover the shoulder area.

During hot weather, lightweight clothing will be required in order to reduce the risk of overheating. Pupils will be advised not to wear their jumpers during heatwaves.

Children not wearing sun-safe clothing will be required to play in an area protected from the sun, or spare clothing will be provided.

It is advised that pupils wear UV protected sunglasses.

Hats

During the summer months, with temperatures above 25 degrees Celsius (°C), everyone working at or attending the school will be required to protect their face, neck and ears. Sun-safe hats include:

- Bucket hats with a deep a deep crown and brim
- Broad-brimmed hats
- Legionnaire-style hats.
- Baseball caps or visors are not sun-safe hats.
- Pupils without sun-safe hats will only play in an area protected from the sun, unless a sun-safe hat has been provided.

Sunscreen

Everyone working at or attending the school will be requested to apply at least SPF 30 broad-spectrum water-resistant sunscreen

Pupils are asked to provide their own sunscreen in a bottle labelled with their name.

- Sunscreen will be stored in children's bags.
- Sunscreen will be self-administered wherever possible.
- Teachers and other staff members are not encouraged, and cannot be required, to apply sunscreen to pupils, due to the potential for allegations of abuse.
- Where a teacher or other staff member agrees to apply sunscreen to pupils, such as to our youngest pupils or to a pupil with SEN, an adult witness will be present

Curriculum

Pupils will be taught about the dangers of the sun and information about sun protection will be incorporated into the curriculum for all ages.

The dangers of sunbed use will also be incorporated into PSHE lessons.

Sun protection will be actively promoted to pupils at key points of the year, such as before and during the summer term, through assemblies, workshops and lessons.

Information regarding sun protection will be sent to parents in the spring and summer term.

PE

On days above 25°C, PE lessons will only involve activities which are not overly strenuous. Appropriate clothes, hats and sunscreen will be worn, and participants will remain suitably hydrated.

All outdoor activities will be planned to occur in shaded areas. Activities will be set up in the shade and moved throughout the day to stay in the shade.

On days above 28°C, PE lessons will be held indoors to prevent any kind of illness resulting from strenuous activities in inappropriate conditions.

Play times

On days above 25°C, play times will occur in shaded areas. Activities will be set up in the shade and moved throughout the day to stay in the shade. Appropriate clothes, hats and sunscreen will be worn, and water will be drunk regularly.

On days above 28°C, children will be encouraged to play in the shade during lunch and playtimes.

School trips

Our school trips will not take place if the temperature is over a certain level. Each trip will have a specified maximum temperature, and this will be based on the age of the children, how much walking is involved, the destination and the time of day.

Our sports days will not be held if the temperature exceeds 32°C, as recommended by the DfE.

Pupils with albinism

Our school recognises that the lack of melanin in a pupil with albinism's skin increases their risk of sunburn and skin cancer.

In order to enhance their protection from the sun, our school will ensure that pupils with albinism:

- Wear sunscreen with an SPF of at least 50, and preferably one which provides maximum protection from both UV-A and UV-B radiation.
- Where possible, avoid going out between 11am and 3pm, when the sun is at its hottest and UV radiation is at its strongest. Pupils with albinism may wait in a shaded area or in the classroom with a teacher during these times.
- Wear sunglasses with a UV filter.
- Cover up with a hat and loose-fitting clothing.
- Sunscreen will be provided by the parents

We will also ensure that specific medical advice in relation to individual pupils with albinism is adhered to at all times.

Role modelling

All members of staff will act as role models and demonstrate sun-safe behaviour. This can be done by:

- Wearing a sun-safe hat, clothing and sunscreen.
- Spending as much time as possible in the shade while outside.
- Wearing sunglasses that comply with the European Standard EN 1836:2005. This is indicated by the 'CE' mark on the pair of glasses.
- Encouraging families and visitors to role model sun-safe behaviour when they are visiting the school.

Monitoring and review

This is a non-statutory policy

The Executive Headteacher is responsible for reviewing this policy every three years, unless further guidance is published within this period

The effectiveness of this policy will be monitored and evaluated through a variety of mediums, including:

- Pupil's voice - measuring changes in pupils' knowledge, attitudes and behaviour.
- Photographing changes in the school environment as appropriate

- Gathering feedback from staff, parents and pupils.
- Monitoring incidences of sunburn to see if these are decreasing.

Appendix A

The following are some suggested measures that may be taken:

Controlling Indoor Hazards

RISK FACTOR	POSSIBLE CONTROLS
Indoor high temperatures	Stop sun/heat entering the room by: Keep lights off where possible Use blinds (Venetian or slatted blinds allow light in, while keeping sun rays out) Reflective film on windows Moving workstation away from direct sunlight Overhangs or awnings outside windows Insulation - the material acts as a barrier reducing heat flow Insulating hot pipes or equipment Curtailling heat-generating activities e.g., use of computers, ovens etc Increase outside shading by using shutters Using reflective paint Provide portable air-conditioning Provide fixed air-conditioning
Lack of air movement	Improve air movement by: Ensuring windows can be opened Ensuring windows are open Providing fans - wall or ceiling mounted are better
Hot classrooms	Improve physical conditions by: Relocating classes to cooler areas Working outside in shaded areas Rotating use of hot rooms

Strenuous task or activity	Amend the task being undertaken by: Avoiding strenuous activities or amending the task Restricting the length of time people are exposed to hot conditions Arranging for extra breaks to let people cool down Where practicable, consider arranging for school to start earlier and finish earlier (this may be not be practicable for those requiring transport)
Employee or pupil has a medical condition or vulnerable	Protect the individual by: Providing regular drinking water in classrooms Relaxing dress codes
	Providing surveillance for those with medical conditions Regularly checking on children's wellbeing
Lack of awareness on how to respond to high temperatures	Improve staff and pupil awareness by: Informing staff of signs and symptoms of heat stress and treatment, hot weather plan procedures etc Informing pupils of what they should do (e.g. plenty of fluids, dress codes etc)

Controlling Outdoor Hazards

The following are some suggested measures that may be taken:

RISK FACTOR	POSSIBLE CONTROLS
Lack of shade	Reduce sun exposure by: Creating shady areas using trees, awnings, overhangs, parasols etc
Strenuous tasks or activities	Reduce risk by: Restrict activities outside between 11am-3pm Reduce strenuous activities or carry out at cooler times Arranging extra breaks to allow people to cool down Increase morning break and reduce lunch break

Dehydration/ sunburn/sunstroke	Reduce risks by: - Providing access to drinking water - Ensuring pupils and staff wear wide brimmed sun hats - Relaxing dress code (allow loose, light coloured clothing that covers neck and shoulders etc)
Lack of awareness of sun safety	Improve awareness by: - Incorporate sun protection into curriculum - Promote sun protection to pupils in assemblies, workshops, talks - Train teachers in the importance of sun protection - Inform parents of the importance of sun protection

Further information can be found <https://www.gov.uk/government/collections/heat>