



## HOLMEWOOD HOUSE SCHOOL

### SUN PROTECTION POLICY

At Holmewood House we want everyone to enjoy the sun safely. We will work with staff, parents and children to achieve this through the following measures and in line with the NICE Guidance on Sunlight exposure risks and benefits (2016; last updated 2023) and NHS advice <https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

#### Education

As a school we believe it is important to educate children about the need for sun protection and how to be safe in the sun. Parents and guardians are informed via newsletter or letter about their responsibilities for sun protection for their children.

#### Protection

During hot weather we ask that each day all children have in school (and on school trips):

- **Sun cream**
  - a named high factor (at least SPF 30) children's sun cream replenished regularly by parents. This should meet minimum standards for UVA protection (the label should have the letters 'UVA' in a circle logo). Preferably, the label should state that it provides good UVA protection (for example, at least '4-star UVA protection').
- **Hydration**
  - a named water bottle.
- **Cover up**
  - a named sun hat.

Parents are to ensure their child has applied sun cream (at least SPF 30) prior to coming to school.

The school medical centre will keep a limited stock of sun cream for those who may have forgotten theirs but, due to the increasing number of children with skin allergies, it is preferable that children have their own named cream. Please note, any sun cream provided by school will require a consent form to be completed by parents/guardians prior to application if consent has not been indicated on the school health form on admission to the school.

In sunny weather, Prep School children will be reminded to reapply sun cream as necessary. Children in Pre-Prep may need assistance with applying sun cream and staff will help apply cream on exposed areas only.

On sunny and hot days, staff will remind children to seek shade during breaks/lunchtimes or school trips. It will be at the discretion of any teacher to sit a child in the shade if they do not have a hat with them. Staff will also encourage children to drink plenty of water and refill their water bottles regularly especially during sporting activities.

*Sun Protection Policy this policy applies to the whole school.*

*Review date: May 2026*