



Sun Protection Policy

Rationale

Excessive exposure to ultra-violet radiation (UVR) from the sun causes sunburn, skin damage and increases the risk of skin cancer. Children are exposed to the sun during the peak UV times in the day, every day at school. Protecting the skin during the first 18 years of life can lower the risk of developing skin cancer by up to 78%. Just one blistering sunburn can double the risk of developing melanoma later in life.

Throughout Qatar sun protection is required from April to November inclusive, especially between the hours of 11am and 4pm. Therefore this policy is applicable to Terms 1 and 3.

There are also benefits from sun exposure, including Vitamin D absorption, which is important for the development of healthy bones, muscles and teeth. During the winter months, students should be encouraged to actively enjoy the sun.

Aims

At Newton Muraikh we acknowledge the importance of sun protection and want staff and pupils to enjoy the sun safely. Our aims are:

- PROTECTION: providing an environment that enables pupils and staff to stay safe in the sun.
- EDUCATION: learning about sun safety to increase knowledge and influence behaviour.
- COLLABORATION: working with parents to reinforce awareness about sun safety and promote a healthy school.

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

Education –

- We will educate the children on how to be Sun Smart through lessons and assemblies.
- Parents will be sent a letter explaining how they can help with sun protection
- Teachers will be advised on how to implement and enforce the policy during Term 1 and Term 3

Protection –

Shade

- When the sun is at its strongest we encourage the children to sit/play in the shade where it is available
- We have provided shade in strategic areas around the buildings where the children play
- We have a “No Hat, Play in the Shade” policy with children at break times
- Our second break time is split so that half of it is spent inside

Timetabling

- In Terms 1 and 3 we aim to schedule outside activities, school trips and outdoor PE lessons before 11am. If this is unavoidable, we will ensure that hats, clothing and sunscreen are all worn to prevent sunburn. Where possible, major outdoor events will be scheduled in Term 2.



Clothing & Sunscreen

- When outside during the hotter months, children are required to wear hats that cover the ears, face and neck.
- Parents are requested to apply high factor sun lotion to their children before they come to school.
- Staff are encouraged to wear appropriate hats and clothing within the school grounds and during outdoor school activities.

Appendix 1: Letter to parents

Dear Parents

During the extremely hot seasons, I want to write and tell you about our Sun Protection Policy. We have developed this to ensure that we can all enjoy the sun safely over these periods of time.

The sun's rays are particularly strong over the summer and they can damage children's skin. This can lead to skin cancer in later life. Your child's health and well-being are very important to us, which is why we:

- Enforce a "No Hat, Play in the Shade" policy
- Have shaded areas for the children to play under in the school grounds
- Minimise the outdoor activities in the hottest part of the day and in the hottest months

More details can be found in our Sun Protection Policy which is attached to this letter.

Your support is very important if our policy is going to work. You can help by:

- Talking to your child about the importance of sun protection at home
- Sending your child to school with a suitable hat
- Put high factor sun cream on your child before they leave home

Please remember, that children do need sunshine in order to absorb Vitamin D, which is important for healthy teeth, muscles and bones.

Together I hope we can have a very happy and 'Sun Smart' year!

Principal

