



مدرسة جيمس رويال دبي الخاصة
GEMS Royal Dubai School

SUN SMART POLICY

GRDS 2020-21

Review Date: FEBRUARY 2022
Charlotte Grieves Vice Principal

Rationale

Too much ultraviolet (UV) radiation from the sun can cause sunburn, skin damage, eye damage and skin cancer.

Research suggests that at least two-thirds of all melanomas occurring in warm climate countries could be prevented if children were protected from the sun during their first 15 years.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Research shows that severe sunburn contributes to skin cancer and other forms of skin damage such as sunspots, blemishes and premature ageing. Most skin damage and skin cancer is therefore preventable.

Ultraviolet radiation (UVR) levels are highest during the hours that children are at school. With this in mind, GEMS Royal Dubai School realises the need to protect children's skin and educate them about Sun Smart behaviour, thus reducing the risk of skin damage from exposure to the sun.

Aims

The policy aims to:

- Provide ongoing education that promotes personal responsibility for skin cancer prevention and early detection.
- Provide environments that support Sun Smart practices.
- Create an awareness of the need to reschedule work commitments and outdoor activities to support Sun Smart practices.

Procedures

Our school recognises that winter sun also contributes to skin damage. The implementation of this policy will therefore be conducted throughout the year. The purpose of the Sun Smart policy is to ensure that all children attending our school are protected from the harmful effects of the sun throughout the year.

Our commitment

GEMS Royal Dubai School will:

- inform parents of the Sun Smart policy when they enroll their child
- include the Sun Smart policy statement in the school Website
- increase the amount of shade in the school grounds, where possible, by building shelters and planting trees
- incorporate education programs that focus on skin cancer prevention into the school curriculum in KS2
- all teachers and staff to act as positive role models for children in all aspects of Sun Smart behavior.
- seek ongoing support from parents and the school community for the Sun Smart policy and its implementation, through newsletters, initial 'meet the teacher' meeting, etc.
- ensure that all primary students wear hats and encourage the use of SPF 50 or higher, broad-

spectrum, water-resistant sunscreen for all students, when involved in outdoor activities and in direct contact with the sun.

- ensure students without adequate sun protection use covered areas at break times. No hat, no play rule for non-shaded areas. Children will also be encouraged to drink water.
- ensure that the guidelines for outdoor play and sport during the summer months are followed (see below)
- ensure that adequate shade is provided at sporting carnivals and other outdoor events
- review the Sun Smart policy annually.

Our Expectations

Parents/Carers will:

- provide a school hat for their child and ensure that they wear it to and from school and a water bottle every day.
- encourage that their child applies SPF 50 or higher, broad-spectrum, water-resistant sunscreen before leaving for school or provide some for the child to use in school before prolonged exposure to the sun. School staff are NOT allowed to administer sun cream.
- Understand and support the No hat, No play rule for non-shaded areas.
- act as positive role models by practising Sun Smart behaviour.
- support the school's Sun Smart policy and help to design and regularly update the policy.

Students will:

- be aware of the school's Sun Smart policy
- take responsibility for their own health and safety by being Sun Smart
- comply with Sun Smart rules and guidelines by wearing suitable hats, clothing and sunscreen and having water bottles
- apply SPF 50 or higher broad-spectrum, water-resistant sunscreen before coming school
- act as positive role models for other students in all aspects of Sun Smart behaviour.

Guidelines for Outdoor Play during Summer Months

From April to the end of October the clinic staff will monitor the heat index which takes into account temperature, humidity, air velocity and radiant heat via <https://www.wunderground.com/ae/dubai>. If for any reason this website is unavailable staff will refer to the temperature/humidity grid in the clinic. These will be checked before break times for FS1 & 2 and Primary. Clinic staff will notify the FS teachers (for FS break times) or Principal's PA (for Primary break times) as follows so that she can inform teachers in the briefing.

Heat index 26 degree C and below: considered comfortable

Heat index 27-34 degree C: allowed to play in the sun with hats, water bottles mandatory

Heat index 35-39 degree C: children are advised to stay under shaded areas during play time with hats and water bottles mandatory. Discretion advised.

Heat index 40 degree C and above: children are not allowed to play outside

Foundation Stage teachers will close their classroom outdoor areas if the heat index reaches 40 degrees C or above. Access to these areas at all other times will be at the teacher's discretion. Hats may not be needed if outdoor classroom areas remain in shade.

Guidelines for Outdoor Sport during Summer Months

The Head of PE will ensure PE staff and any staff providing sport ECAs are aware of hot weather guidelines and best practices to be followed during hot weather. Parental discretion is advised for sport ECAs and fixtures which remain optional. The heat index guidelines for curriculum PE are as follows:

Heat index 26 degree C and below: considered comfortable

Heat index 27-34 degree C: allowed to participate in the sun with hats, water bottles mandatory.

Heat index 35-39 degree C: outdoor PE may continue following hot weather guidelines. Hats and water bottles are mandatory. Teachers use discretion to modify activities in line with conditions.

Heat index 40 degree C and above: outside PE lessons cancelled

Review date: February 2022