

Landewednack School – Case Study SunSafety.



Our School

Landewednack School is the most southerly school in mainland Britain. It is a small, rurally isolated school in an outstandingly beautiful area of Cornwall. The school has 75 pupils aged from 4 – 11 years old, taught in three classes, R, Y1 and Y2 in class 1, Y2, Y3 and Y4 in class 2 and Y5 and Y6 in class 3. The ethos of the school is based on an holistic approach to education, not only giving the children a broad and balanced curriculum, but providing a wide range of extra-curricular activities to develop the children's confidence and self esteem through music, PE, art and drama activities.

There is also a nursery for 2 – 5 year olds, providing childcare for 8am to 6pm daily. We have over 35 children on the books of the nursery and many other children from local schools use the holiday club, alongside our own pupils, during school holidays.

Landewednack School has always been committed to encouraging its pupils to have a healthy lifestyle, through physical education and activity, healthy eating, social and emotional well-being and within the extended services provided. The school was initially awarded Healthy schools status in May 2005 and reaccredited in 2007. In 2010 it was decided to take the Healthy Schools Status further by moving to Healthy Schools Plus.

Our Project's Aims

Sun Safety

To develop the children's understanding of the dangers of not protecting themselves against the sun.

To develop independent sun safe behaviours

To provide shaded areas on the school field.

Why we chose sun safety

The school places an emphasis on outdoor education and using the local area to enhance work in the curriculum. Sun safety is a priority for the school; the school is located on the coast and many children spend time on the beaches after school and at weekends. The school also has an excellent school field area, which we have been

keen to develop, as well as a strong partnership with the National Trust, which involves many outdoor activities and visits to National Trust properties. In addition to this Sun safety is a priority for Cornwall as there is a high incidence of skin cancer in the area.

What we did

- 1.) Children and parental questionnaires were completed.
- 2.) Sun cream was made readily available in each class.
- 3.) Sun hats were available to purchase and children were encouraged to wear them.
- 4.) Class lessons on sun safety and the dangers of UV rays were completed.
- 5.) Sun safety was addressed in RNLI beach safety talk.
- 6.) Shaded areas, such as the outdoor classroom and cover over the decking in Little Lizards were completed.
- 7.) Gazebos were erected for activities afternoons on the field, such as sports day.
- 8.) Children's questionnaire repeated in 2011 to assess the impact of the work.

We worked with the whole school and the nursery. Those children with SEN who needed help with completing questionnaires and understanding activities were supported by teaching assistants. Our younger children were given extra support and reminders from staff when necessary.

The start of our project

- 1.) Staff were concerned about the children using the field both in lessons and at playtimes, without sun hats or sun tan lotion, due to the lack of shaded areas. We have tried to plant trees in the past, but many do not survive due to the salt winds - the field has only one tree on it. This was brought up at the School Council meeting and discussed.
- 2.) Sun safe questionnaires were completed by the children to establish a baseline of their knowledge and understanding of how to stay safe in the sun. 59% of children showed some understanding.
- 3.) Staff also recorded numbers of children bringing hats to school and using sun tan lotion independently. Initially 16% of children were exhibiting independent sun safe behaviours.

How we made changes

1.) The School Council passed on its concerns to the Governing Body and it was decided to erect an outdoor classroom on the school field to improve our ability to utilise our outdoor facilities and provide shade. It was also decided to cover the decked area of Little Lizards Children's Centre to provide shade in their play area. Gazebos which were purchased last year by the School Association were used during sports day and outdoor fundraisers to provide shade for the children.



2.) All classes were involved in sun safety lessons and discussions to develop their understanding of the dangers and how to stay safe in the sun.

3.) A sun safety policy was written and was made available to parents. The children were encouraged to wear hats.

The school purchased sun cream for each class and the nursery and parents were asked to fill out a consent form to enable staff to use the school's sun cream or to provide their child with their own.

The impact of our project



1.) The school went through the process of planning to develop the shaded areas, through the County Surveyor, and the scheme was finally completed in July 2010. A shaded area has been established over the decking in Little Lizards and a new outdoor classroom has been built and is well used during playtimes, as well as for outdoor education.

2.) Sun safety lessons were completed in all classes and the information was also linked into other curriculum areas, where applicable. A beach safety course by the RNLI lifeguard scheme also spoke about sun safety to the junior children. These will be re-visited each year, around the end of the spring term and the beginning of the summer term. The children showed a much greater knowledge how to stay safe in the sun, an understanding of UV rays and the reasons for sun safety, which links into point 3.

3.) More children were independently remembering to put on sun tan lotion and to wear hats, throughout the school. Parental awareness of sun safety was also raised, which enabled them to encourage their children to remember hats and applying sun cream.

4.) A questionnaire was completed by children on three different occasions and the results of this were calculated. See Appendix 1.

The whole project went well, but the full impact was not realised until later in 2011, as it was quite late in the summer term 2010 that the shaded areas were available for the children, due to the time taken getting the project through planning and tenders agreed.



It also took some time to canvas parents and source reasonably priced sun cream for each class. In 2011 we have timetabled the lessons and began to raise awareness amongst parents, at the correct time of year in preparation for the summer sunshine.

As most of our children enter the school after having been in Little Lizards for some time, we hope that both parents

and children will have accumulated some knowledge and awareness for us to build on prior to entry.

One problem we encountered was that one or two of the parents, who wanted to provide their child with sun cream themselves, forgot to send it in on some days. In order to alleviate this problem we will alter our consent form to ask if they will either provide a bottle of cream to be kept in school or allow us to use the school cream if there is none available for their child on a specific day. We will also emphasise that our school cream is hypo-allergenic.

We were surprised and delighted by how quickly the younger children independently remembered to take hats out to play and put sun cream on before lunch, reminding their teacher to remind other children about sun safe behaviours

We have found that all members of our school community have been made more aware of aspects of healthy living and sun safety. Several parents have commented what their children have learnt.

"My child will remind me to bring a hat or put sun cream on before going out on family trips now." (Parent)

"I think sun safety is important so that you know not to get burnt in the sun and get skin cancer." Harriet (School Councillor Year 6)

"I have learnt how dangerous the sun can be and that we should always wear sun cream, factor 50 if possible and wear a hat to protect ourselves while we are out in it." Oscar (Year 6)

"Now I always remember to put my sun hat on and my sun cream, when it is sunny, especially between 12 o'clock and 3 o'clock." Oscar B (Year 2)



"It is important to know about the sun because you might get sunburnt and you get all red and sore." Poppy (Reception)

"This campaign has been great because it has helped the children take responsibility for themselves and take that knowledge home with them." (Teaching Assistant)

The way forward

- We will continue to run a programme of activities and lessons each year on sun safety, as well as different aspects of healthy living.
- We will monitor the children's understanding of the issues each year.
- We will continue to notify parents about any healthy school's work we do and to remind them in our weekly newsletter to encourage their children to bring hats into school.

www.cornwallhealthyschools.org/

you can download an editable version of this form from our website

- We will encourage members of our School Council to support the sun safe campaign each year by reminding their class groups about sun safe behaviours.