

**Personal, Social
& Health Education^{HS}**



Sun Safety for Schools

A CHSP Guide

Supporting the Melanoma Awareness Project

Secondary Schools



The Melanoma Awareness Project

The **Cornwall and Isles of Scilly Healthy Schools Programme** is delighted to be able to support the Melanoma Awareness Project by helping distribute the DVD to schools.

We hope that you will use the resource to help raise awareness among staff, parents, governors, and of course pupils, about the sun safety message.

This is a timely opportunity for us to remind schools of the ways that you can help everyone in the school community to be safe in the sun and offer you some ideas, information and links to help you.

More detailed information and links are available on the **sun safety** page of the Cornwall Healthy Schools Programme website.
(www.healthpromcornwall.org/ and follow the links to Healthy Schools)

Putting together a policy for your school

The best place to start is to check you have a policy that is up to date, well-known among the school community and in practice...

Does it cover:

Education / information for staff, pupils and parents

Protection e.g. clothing (uniform, sports kit, hats)
shade in the Playground / Grounds
use of sunscreen

Timetabling (outdoor activities to avoid 11—3pm where possible)

School Trips

Does it involve children and young people in its development and dissemination?

See the sample policies for both primary / secondary (links next page) for more detail. CHSP would be happy to help develop / review your policy and practice.

Useful links

www.melanomaproject.co.uk/

the website linked to the melanoma awareness project DVD.

www.cancerresearchuk.org/sunsmart

UK national skin cancer campaign. Lots of information and resources including sample policies for both primary and secondary schools, campaign publicity material and links.

Also includes information about the 2008 campaign targeted especially at teenagers.

www.cornwall.gov.uk/cypf/index.cfm?articleid=30683

the County Council guidelines on sun safety in schools including important advice on use of sun screen.

www.sunsacks.com/

a really practical site providing school / parent access to sun safety stuff (caps, sunscreen etc.) in a handy sack... and school resources too!

www.sunsmart.com.au/

excellent Australian website with superb information for both secondary and primary schools including detailed policy guidance.

www.sunaware.scot.nhs.uk/

useful information and classroom resources from Scotland.

www.nationalschoolpartnership.com/sun_week_08_sign_up.php

get in quick for a copy of a detailed sun safety resource for the primary school including a CD Rom of classroom activities, games and ideas for a sun safety week.

www.epa.gov/sunwise/

detailed American site around sun safety—again lots of classroom resources / ideas

www.healthpromcornwall.org/ (follow link to Healthy Schools)

Up to date information about work in Cornwall and links to sites about sun safety.

www.keepitkool.co.uk/

www.canopiesuk.com/schools.htm

www.playshade.co.uk/

www.groundforplay.com

A sample of companies providing shade for schools (found via a Google search—there were a lot more)

About Healthy Schools

The National Healthy Schools Programme is an exciting long term initiative that helps young people and their schools to be healthy.

The Programme isn't just about physical health, it's about good health and happiness inside and out.

And it's not just about pupils either; a Healthy School involves the whole school community – from parents to governors to school staff – in improving their health and their happiness and getting the most out of life.

The Cornwall and IOS Healthy Schools Programme is considered to be one of the most successful programmes in the country. We still have a lot more we want to do though!

Our main concern is to provide schools with the best possible support to help you not only achieve National Healthy Schools Status with confidence and rigour but to challenge you to extend and strengthen your practice once you have achieved it.

The 41 criteria of the four core themes: **Personal, Social and Health Education; Healthy Eating; Physical Activity; Emotional Health and WellBeing** are a baseline and starting point we want to take beyond the minimum to help you address the needs of your pupils and the wider community. That's why we are leading on the national development of the next phase of healthy schools: **Healthy Schools Plus**. Contact us to find out more.

The Healthy Schools Team is based in the Cornwall and Isles of Scilly Primary Care Trust, Health Promotion Service.

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Cornwall and Isles of Scilly



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Service

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Primary Care Trust



Healthy Schools
Healthier Living & Learning