



# **POLISI DIOGELWCH RHAG YR HAUL**

## **SUN PROTECTION POLICY**

PARATOWYD PREPARED	Mai 2013 / <i>May 2013</i>
CADARNHAWYD RATIFIED	Mai 2013 / <i>May 2013</i>
ADOLYGWYD REVIEWED	Mawrth 2021 / <i>March 2021</i>
CYLCH ADOLYGU REVIEW CYCLE	2 flynedd / <i>2 years</i>

**NODIADAU'R ADOLYGIAD**  
**REVIEW NOTES**

September 2020 (update)	<ul style="list-style-type: none"><li>● Executive Lead Teacher signature updated on page 2</li></ul>
March 2021	<ul style="list-style-type: none"><li>● Wording under 'EDUCATION' on page 1 changed from 'these measures are in place from now' to 'measures currently in place' for clarity</li><li>● Policy review cycle corrected to 'every two years' on page 2</li><li>● Chair of the Board of Directors and Executive Lead Teacher signatures updated on page 2</li><li>● Letters to parents/carers labelled as 'Appendix 1' and 'Appendix 2' for clarity</li><li>● Welsh language name of policy updated in Appendix 1 from 'Polisi Diogelwch o'r Haul' to 'Polisi Diogelwch Rhag yr Haul'</li><li>● The word 'newydd' in Appendix 1 and 'new' in Appendix 2 removed to reflect that this policy has been established in the school for some time</li></ul>
September 2021 (update)	<ul style="list-style-type: none"><li>● Chair of the Board of Directors and Lead Teacher signatures updated on page 2</li></ul>
July 2022 (update)	<ul style="list-style-type: none"><li>● Section regarding 'Extreme heat' added to page 2 to reflect the Met Office's red warning for extreme heat during the summer of 2022</li></ul>

**Ysgol Gymraeg Llundain**  
**London Welsh School**

**Sun Protection Policy**

At Ysgol Gymraeg Llundain/London Welsh School we acknowledge the importance of sun protection and want staff and pupils to enjoy the sun safely. We will work with staff, pupils and parents to achieve this through:

**EDUCATION** - measures currently in place:

- All pupils will have at least one Sun Smart lesson per year
- We will talk about how to be Sun Smart in assemblies at the start of the summer term and before summer break
- Parents and guardians will be sent a letter explaining what the school is doing about sun protection and how they can help at the beginning of the summer term

**PROTECTION** – this is an ongoing process

**Shade:**

- We will encourage students to sit/play in the shade where it is available
- We have a shaded canopy structure in the playground

**Timetabling:**

- We will aim to schedule outside activities, school trips and PE lessons before 11am and after 3pm if appropriate. If this is unavoidable we will ensure hats, clothing and sunscreen are all worn to prevent sunburn
- We will ensure that drinking water is readily available during playtimes and outside activities

**Clothing:**

- Children are required to wear hats that cover the ears, face and neck
- We have sports t-shirt uniforms

**Sunscreen:**

- Sunscreen use will be encouraged during summer at lunch breaks, during PE lessons and on school trips
- Unfortunately staff are unable to apply sunscreen to pupils in accordance with the Child Protection Act, however pupils are encouraged to bring sunscreen to school and apply themselves if able
- We will send letters home asking for permission for children to apply sunscreen during the summer months
- We ask parents to provide each child with sunscreen and hats, clearly marked with their names

**Extreme heat:**

- In instances of extreme heat, when a red warning for extreme heat is issued, the school will consider additional measures to protect pupils and staff from the sun
- Such measures may include, substantially reducing the length of outdoor play times or possibly cancelling outdoor play times entirely
- If there is a red warning for extreme heat and school receives advice that the extreme heat poses a risk to the health of pupils and staff, then the school will take steps to close for the entirety or part of the school day
- In making such decisions, the school will also consider how pupils and staff travel to school, be this on foot, via public transport or via car, and how these different modes of transport are impacted by extreme heat
- Any decisions to close or alter the length of the school day will be clearly communicated with parents/carers

We will monitor our progress and review the policy every two years.

ARWYDDWYD GAN:		
SIGNED BY:		
M Jones	Cadeirydd Bwrdd y Cyfarwyddwyr <i>Chair of the Board of Directors</i>	March 2021 <i>Mawrth 2021</i>
S Rees Jones	Athrawes Arweiniol Weithredol <i>Executive Lead Teacher</i>	March 2021 <i>Mawrth 2021</i>
G Roberts	Cadeirydd Bwrdd y Cyfarwyddwyr <i>Chair of the Board of Directors</i>	Medi 2021 <i>September 2021</i>
T Sugg	Athro Arweiniol <i>Lead Teacher</i>	Medi 2021 <i>September 2021</i>

## Appendix 1

Annwyl Rieni neu Warchodwyr,

Mae tymor yr Haf wedi dechrau ac roeddem am ysgirfennu atoch i ddweud wrthoch am ein **Polisi Diogelwch Rhag yr Haul**. Mae'r polisi yma wedi ei ddatblygu gydag help yr athrawon, rhieni a phlant i sicrhau ein bod i gyd yn mwynhau'r haul mewn modd diogel.

Mae pelydrau'r haul yn gryf yn ystod misoedd yr Haf ac yn gallu creu niwed i groen y plant. Efallai na fydd hyn yn broblem ar hyn o bryd, ond mae **cancr y croen** yn gallu datblygu yn hwyrach mewn bywyd. Gan bod ein maes chwarae yn wynebu'r de mae'n gallu bod yn boeth iawn yno yn yr haf. Mae iechyd a lles y pliant yn bwysig iawn i ni, ac felly rydym wedi penderfynu

- cynyddu'r amser a dreilir yn dysgu am ddiogelwch rhag yr haul
- sicrhau bod man cysgodi yn y maes chwarae
- annog i'r plant wisgo hetiau haul a chrysau-t pan tu allan
- annog i'r plant wisgo eli haul ffactor 15+ ym misoedd yr haf
- sicrhau bod yna ddŵr parod i'r plant ei yfed tra'n chwarae allan

Gellir gweld mwy o fanylion am hyn yn y polisi "SunSmart" sydd wedi ei ymlynu i'r llythyr.

Gellir cefnogi'r polisiau newydd yma drwy:

- siarad i'ch plentyn am bwysigrwydd diolgewch haul
- anfon eich plentyn i'r ysgol gyda het haul ac eli haul sydd wedi ei labelu
- gwneud yn siwr eich bod wedi rhoi eli haul ar eich plentyn cyn dod i'r ysgol
- gellir ystyried anfon eli haul "spray" gan nad oes gan yr athrawon hawl i roi eli ar y plentyn yn unol â'r Ddeddf Diogelu Plant
- Sandalau caedig.

Gobeithio y gallwn gael tymor hapus a diogel gyda'n gilydd.

Cofion gorau,

Ysgol Gymraeg Llundain

## Appendix 2

Dear Parent or Guardian,

Now the summer term has started we wanted to write and tell you about our **Sun Protection Policy**. We have developed this with the help of parents, teachers and pupils to ensure that we can all enjoy the sun safely over the coming months.

The sun's rays are particularly strong over the summer and they can damage children's skin. This may not seem like a problem right now, but sadly it can lead to **skin cancer** in later life. Our playground is south facing and can get extremely hot during summer days. Your child's health and well-being are very important to us, which is why we have decided to:

- increase the amount of school time spent learning about sun protection
- ensure we provide shade in the playground
- encourage pupils to wear hats and t-shirts when outside
- encourage pupils to use at least factor15+ sunscreen in summer months.
- Ensure drinking water is readily available throughout playtimes and outside activities

More details of these and other new sun protection plans can be found in our SunSmart policy which I am attaching to this letter.

Your support is very important if our new policies are 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 wide brimmed hat and their own sunscreen, labelled clearly with their name
- sending your child to school already applied with sunscreen
- returning the sunscreen permission slip at the bottom of school trip letters home

Together we hope we can have a very happy and safe term to come.

All the best,

Ysgol Gymraeg Llundain