



POLISI DIOGELWCH RHAG YR HAUL

Mabwysiadwyd gan y Corff Llywodraethol :

Llofnod y Cadeirydd: Dyddiad:

Llofnod y Pennaeth: Dyddiad:

Dyddiad Adolygu:

Nod:

Sicrhau bod yr ysgol yn amddiffyn disgyblion a staff rhag effeithiau'r haul. Rydym am i ddisgyblion fwynhau'r haul yn ddiogel yn yr awyr agored fel eu bod yn mabwysiadu arferion iach parthed yr haul, a fydd yn parhau drwy eu hoes ac yn eu cadw rhag y risgiau sy'n deillio o fod yn agored i'r haul.

Ymwybyddiaeth o ofal Haul:

- tynnir sylw rhieni/gofalwyr at y polisi hwn;
- bydd staff yn trafod gyda'r disgyblion bwysigrwydd diogelwch rhag yr haul, a chyflwynir gweithgareddau wedi eu cynllunio i hyrwyddo diogelwch rhag yr haul;
- anogir disgyblion i wisgo dillad a fyddai'n eu diogelu ynghyd a eli haul pan fyddant yn agored i'r haul (e.e hetiau sy'n gorchuddio'r clustiau, yr wyneb a'r gwddw, sbectol haul uwch-fioled priodol, gwisg llewys hir);
- anogir disgyblion i yfed mwy o ddwr pan fydd y tywydd yn boeth;
- bydd y staff yn ymddwyn fel modelau rôl ac yn gwisgo'n addas er mwyn diogelu eu hunain.

Cysgod ac Amgylchedd:

- symudir seddau a chyfarpar i ardaloedd cysgodol;
- annog y disgyblion i geisio chwarae mewn mannau cysgodol;
- cynhelir y gweithgareddau awyr-agored mewn mannau cysgodol, lle bo'n bosibl;
- bydd y staff yn ceisio osgoi cymryd y disgyblion allan yn yr haul pan fo'r haul ar ei gryfaf yn ystod rhan boetha'r dydd, sef o 11yb-3yp.

Eli haul:

- gofynnir i rieni/gofalwyr ddarparu eli haul (ffactor 15+ o leiaf) a'i anfon i'r ysgol wedi ei labelu ag enw'r disgybl;
- gofynnir i rieni/gofalwyr roi eli haul ar eu plant cyn cyrraedd yr ysgol;
- goruchwylir y disgyblion, ac fe'u hanogir i ail-roi eli haul ar eu cyrff yn ystod y dydd lle bo'n briodol;
- ni fydd staff yr ysgol yn rhoi eli haul ar unrhyw ddisgybl;
- ni ddylai disgyblion ddefnyddio eli haul ei gilydd oherwydd peryglon alergeddau.

Gwybodaeth Ychwanegol:

- gellir hyrwyddo negeseuon SunSmart* ar arbed canser y croen drwy gofio cod CARCO:

Cysgodwch o 11-3

Arbedwch eich hun rhag llosgi

Rownd y rîl - crys-t, het a sbectol haul

Cymerwch ofal ychwanegol gyda phlant

○ leiaf factor 15+ wrth ddefnyddio eli haul.

**SunSmart yw ymgyrch genedlaethol Cancer Research UK er mwyn arbed canser y croen.*

Dolennau gwybodaeth defnyddiol:

<http://www.sunsmart.org.uk/>

<http://www.wales.nhs.uk/sitesplus/888/tudalen/45005>



SUN SAFETY POLICY

Policy adopted by Governing Body :

Signed by Chairperson: Date:

Signed by Headteacher: Date:

Review Date:

Aim:

Ensure that the school protects their pupils from the effect of the sun. We want the pupils to enjoy the sun safely outdoors and for them to adopt healthy sun behaviours that will continue throughout their lives and keep them protected from the risks of sun exposure.

Sun Care Awareness:

- parents/carers will be made aware of this policy;
- staff will discuss the importance of being protected from the sun with the pupils and activities designed to promote sun protection will be introduced;
- pupils will be encouraged to wear protective clothing and sunscreen when exposed to the sun (e.g. hats that cover the ears, face and neck, appropriate UV sunglasses, long sleeved clothing);
- pupils will be encouraged to drink more water during hot weather;
- staff will act as role models and wear appropriate clothing to protect themselves.

Shade and Environment:

- seats and equipment will be moved to shady areas;
- pupils will be encouraged to try and play in shady areas;
- outdoor activities will take place in shaded areas where possible;
- staff will try and avoid taking the pupils outside in direct sunlight during the hottest part of the day, from 11am-3pm.

Sunscreen:

- parents/guardians are asked to provide sun cream (factor 15+ minimum) and send to the school appropriately labelled with the pupil's name;
- parents/guardians are asked to apply sun cream on their children prior to arriving at the school;
- pupils will be supervised and encouraged to re-apply sun cream throughout the day where necessary;
- staff will not apply sun cream on any pupil;
- pupils should not use each other's sun cream in order to avoid allergies.

Additional Information

- the SunSmart* skin cancer prevention messages can be promoted by using the SMART code:

Stay in the shade 11-3

Make sure you never burn

Always cover up with a t-shirt, hat and sunglasses

Remember to take extra care with children

Then use at least factor 15+ sunscreen.

**SunSmart is Cancer Research UK's national skin cancer prevention campaign.*

Useful information links:

<http://www.sunsmart.org.uk/>

<http://www.wales.nhs.uk/sitesplus/888/page/44138>