

Sun Safety Policy

Background

Too much exposure to ultraviolet light (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of skin cancer.

There is potential for Little Acorns to help prevent skin cancer in future generations because:

- We can play a significant role in changing behaviours through role modeling and education from an early age.
- Children and staff are at risk of sunburn within 10-15 minutes of exposure to strong sunlight.
- Skin cancer is largely preventable through behaviour modification and sun protection during early years.

The main elements of this policy are:

- Partnership: working with parents/guardians, nursery staff and the wider community to reinforce awareness about sun safety and promote a healthy nursery.
- Education: learning about sun safety to increase knowledge and influence behaviour.
- Protection: providing an environment that enables children and staff to stay safe in the sun.

Partnership

- Sun safety will be promoted through working with parents, staff, and the wider community to improve our understanding and provision to avoid the harmful effects of too much exposure to ultraviolet light (UV).
- Staff should act as positive role models and set a good example by seeking out the shade whenever possible and wearing suitable clothing, and sunscreen.

Protection

Shade:

- The nursery playground has shade provided either by the school building, canopy, outdoor shelters, trees, and we use temporary 'den' canopies etc, particularly important for use during outdoor play during hot and sunny conditions.
- Children will be encouraged to use the shaded areas during outdoor play as appropriate.

Clothing:

- The children will be encouraged to wear clothes that provide good sun protection.
- Parents/guardians will be duly informed of the importance that children come to nursery with appropriate sun hats and wearing sunscreen.
Staff will apply sun cream to children who attend extra childcare sessions, with parental permission.

Drinking Water:

- Children are encouraged to increase their water intake in hot weather and are encouraged to drink water provided outside during outdoor play in hot weather.