

# **ST NICHOLAS AND ST FAITH SUN SAFE POLICY**

## **RATIONAL**

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 nurseries to help prevent skin cancer in future generations because:

- Nurseries can play a significant role in changing behaviours through role modelling and education from an early age.
- Children and staff are at risk of sunburn within 10-15 minutes of being exposed 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, hat and sunscreen.

## **EDUCATION**

- Parents and guardians will be asked through letters/newsletters to support this policy by encouraging their children to adopt the Slip, Slop, Slap message and act as role models.
- Children will be taught the 'Slip, Slop, Slap' Song which will help them remember the basic Sun Safe message.
- Children will be read 'George the Sun Safe Superstar', an illustrated, rhyming story that educates children on the importance of Sun Safety and staff will regularly reinforce the sun safe messaging through discussion.

## **PROTECTION**

### **Shade:**

- The nursery playground has shade provided either by the school building, outdoor shelter(s), trees and/or we have temporary structures i.e. gazebos, etc for use during outdoor play.
- Children will be encouraged to use the shaded areas during playtimes when appropriate.

### **Clothing:**

- The children will be encouraged to wear clothes that provide good sun protection.
- Parents/guardians will be duly informed of the importance to provide the nursery with appropriate sun hats and sunscreen as advised by the national skin cancer charity 'Skin'.

- The nursery will always provide spare appropriate sun hats and quality sunscreen if a parent forgets their child's hat or sun cream. However, it is expected that a child will wear sun cream to pre-school and on a full day bring in a named bottle which will be applied after lunch.

**Drinking Water:**

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

This policy was adopted by St Nicholas & St Faith Pre-school

On:

Date to be reviewed:

Signed on behalf of the provider:

Name of signatory:

Role of signatory (e.g. chair, director or owner)