



Sun Safe in nursery policy



Colwall CofE Primary School and Nursery

Our Christian Values as a key aspect in our Policies: **“Let your light shine”**



... in relationships, as we trust ourselves and others.



... in learning, as we encourage our curiosity.



... in the community, as we develop the courage to light the lives of others.

Sparkling Curiosity, Unleashing Potential



Policy statement

Protecting the children within our care from the sun is something we take very seriously; therefore, sun cream and sun hats are a vital way of preventing sunburn to reduce the risk of skin cancer in later life.

Our Sun cream policy is as follows:

To ensure all children are properly protected from the sun during their time at nursery, and also to reduce the time staff spend finding each child's individual sun cream and supporting children in applying it (taking them away from being involved in activities with the children) We ask if parents/carers can ensure it is applied in the morning before arriving and that children are competent in applying it themselves.

Parents must always provide clearly labelled, within use-by date, SPF50 sun cream, in the child's bag. After-school club have the same expectations as us. Should this not be readily available in the child's bag. Then for the child's safety they will not go outside.

Sun hats must be provided by all parents, every day. These should be either broad-brimmed or legionnaire style (to shade the face, neck and ears that can easily burn). Sun hats should be clearly named.



Procedure

- We follow guidance from the met office weather and UV level reports and use the following procedures to keep children safe and healthy in the sun:
- All staff will work with the parents of the children in our care, to decide and agree on suitable precautions to protect children from burning, including more sensitive skin types and those that may be more tolerant to the sunshine, e.g., black and/or Asian colouring.
- Staff will make day-to-day decisions about the length of time spent outside depending on the strength of the sun. This will be based on the daily UV forecast found on the met office app on the tablets.
- Sun cream should always be applied when the UV rating is moderate or above.
- Children must be kept in the shade or indoors between 11.00am – 3.00pm when the UV rating is high or above.
- Sun cream will not be sprayed directly onto children's faces as there is a danger of it going into eyes.
- Children are encouraged to drink cooled water more frequently throughout sunny or warm days, and this will be accessible both indoors and out
- Children are made aware of the need for sun hats, sun cream and the need to drink more fluids during their time in the sun
- Shade is provided in the form of our wooden shelter, gazebo's, overhang of the roof etc, to ensure children are able to still go out in hot weather, cool down or escape the sun should they wish or need to.
- Staff should lead by example by ensuring they are following our sun safe procedure with sun cream, sun hats and drinking plenty of fluids.



Solar UV Symbols

The strength of the sun's ultraviolet (UV) radiation is expressed as a 'Solar UV Index', a system developed by the World Health Organization.

The solar index does not exceed 8 in the UK (8 is rare; 7 may occur on exceptional days, mostly in the two weeks around the summer solstice). Indices of 9 and 10 are common in the Mediterranean area.

UV index Exposure category Protection required.

1 2 Low-None. You can safely stay outside.

3 4 5 Moderate-Take care during midday hours and do not spend too much time in the sun unprotected.

6 7 High-Seek shade during midday hours, cover up and wear sunscreen.

8 9 10 11 Very High-Spend time in the shade between 11 and 3. Shirt, sunscreen and hat essential

11 Extreme-Avoid being outside during midday hours. Shirt, sunscreen and hat essential



Benefits of Suncream

Sunlight is important for the body to receive vitamin D. We need vitamin D to help the body absorb calcium and phosphate from our diet. These minerals are important for healthy bones, teeth and muscles.

Our body creates vitamin D from direct sunlight on our skin when we are outdoors. Most people can make enough vitamin D from being out in the sun daily for short periods with their hands or other body parts uncovered. Sun cream will stop the ultraviolet B (UVB) rays from reaching your skin, so part of your body should be uncovered and not have sun cream on. At nursery we find the right balance to protecting children from sunburn as well as allowing the skin to access the sun for the vitamin D benefits, e.g.

Hands will be left without sun cream, but children will be fully monitored to ensure no hands are burnt. The benefits will be discussed with parents and their wishes will be followed with regard to the amount of sun cream applied.

It is essential that the suncream provided can be applied by the child. Adults can supervise and assist in measuring out the suncream but it **must** be applied by the child. Suncream need to be re-applied every 2 hours as inline with Herefordshire County Councils guidelines.