

West Rise Sun Protection Policy

At West Rise we are totally committed to ensuring the welfare and safety of every child in our care. Whilst we fully appreciate the benefits and joy the sunshine gives we are also aware of potential challenges to wellbeing and safety.

Skin cancer is one of the most common cancers in the UK. Most skin cancers are caused by the UV radiation from the sun; therefore if we protect ourselves from the sun we can reduce the risks. Children and young people's skin is more delicate and can easily be damaged.

Sunburn in childhood can double the risk of skin cancer but damage to the skin cannot be seen immediately because skin cancer can take years to develop. Although fair skinned people are more at risk from sun damage, sun protection is relevant to both fair and dark skinned children.

This policy will be implemented throughout the year, but with particular emphasis in the warmer months.

At West Rise we acknowledge the importance of sun protection and want staff and children to enjoy the sun safely. We will work with staff and parents to achieve this through:

Education – learning about sun safety to increase knowledge and influence behaviour - these preventative measures are in place:

- ☀ Sun protection is discussed interactively with all children
- ☀ Children engage in activities (painting, songs etc) designed to promote sun safety behaviour.
- ☀ Parents and guardians will be sent a letter explaining what we are doing about sun protection and how they can help at the beginning of the summer term and during summer holidays

Protection and keeping safe – providing an environment that enables children and staff to stay in the sun - ongoing

- ☀ When the sun is strong we will encourage children to sit/play in the shade where it is available.
- ☀ We will use a pop up gazebo to provide instant shade
- ☀ Children to have constant access to drinking water and are encouraged to drink plenty especially in hot weather.
- ☀ Fresh fruit can be another source of fluid

Timetabling

- ☀️ In the EYFS children will spend more time playing outside before 11.00 am and after 2.00pm, and less time outside over lunch.
- ☀️ Decisions will be made during extremely hot sunny days as to whether children should be outside for play

Clothing

- ☀️ Children are required to wear hats that cover the ears, face and neck between 11.00 am and 2.00 p.m.
- ☀️ We will provide hats to give to children who forget their own.
- ☀️ For their own protection children will not be allowed to play outside without a hat.
- ☀️ Children are encouraged to wear tops that cover their shoulders (vest tops and strappy tops are discouraged)
- ☀️ All staff to wear hats outside to reinforce role modelling
- ☀️ Children are allowed to wear UV protection sunglasses and parents are asked to give permission for this.

Sunscreen

- ☀️ We will send letters home asking for permission for staff to supervise children to apply sunscreen on days when the sun is strong
- ☀️ Children will need to bring in their own clearly labelled bottle of sunscreen, at least factor SPF 15+
- ☀️ Children are supervised applying their own sunscreen with the help of mirrors, if they are old enough to do so.
- ☀️ Parents are asked to apply sunscreen to their child before arriving at nursery or school.
- ☀️ Parents of children in half day child care take responsibility for applying sunscreen to their children themselves
- ☀️ If children spend the full day at nursery, sunscreen is reapplied regularly between 11.00 a.m. and 3.00 pm
- ☀️ Each child brings in their own labelled bottle of sunscreen from home.(Travel sized and named to remain at Nursery)