

Early Days Nursery School Ltd

Sun Care Policy

At Early Days Nursery School Ltd, we are committed to ensuring that all children are fully protected from the dangers of too much sun/UV rays. Severe sunburn in childhood can lead to the development of malignant melanoma (the most dangerous type of skin cancer) in later life.

We follow guidance from the weather and UV level reports and use the following procedures to keep children safe and healthy in the sun:

- Key persons will work with the parents of their key children to decide and agree on suitable precautions to protect children from burning, including those with more sensitive skin types and those that may be more tolerant to the sunshine, e.g. black and/or Asian colouring
- We ensure that we have an adequate supply of Legionnaire sun hats (i.e. with an extended back and sides to shield children's necks and ears from the sun) for each child to wear every day. These are laundered on a regular basis. Sun hats from home that are NOT of the Legionnaire style are not able to be work whilst the child is in our care
- Parents are required to apply an 8-10 hour sun cream to their child prior to arriving at our setting. We recommend to parents a Factor 50 SPF and UVA 5 star rated sun cream. Children also need to have their own labelled high factor sun cream with prior written consent for staff to apply it. The cream needs to be handed to a member of staff and not left in backpacks in the corridor. Staff will make sure that the expiry date on the cream has not been passed – if it has staff will discard the cream
- Parents are requested to supply light-weight cotton clothing for their children suitable for the sun, with long sleeves and long legs
- Children's safety and welfare in hot weather is the nursery's prime objective so staff will work closely with parents to ensure all appropriate cream and clothing is provided
- Staff will make day-to-day decisions about the length of time spent outside depending on the strength of the sun; children will not be allowed in the direct sunlight between 11.00am – 3.00pm on hot days
- 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 will be provided to ensure children are able to still go out in hot weather, cool down or escape the sun should they wish or need to.

Vitamin D

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.

This policy was adopted on	Signed on behalf of the nursery	Date for review
<i>18th October 2021</i>	<i>Gina Chamberlain</i>	<i>October 2022</i>