**Promoting Health and Hygiene** 

**1.21 Sun Protection**

Policy statement

At Mayfield Pre School we want staff and children to enjoy the sun safely and work in partnership with parents to achieve this. In our outside area with have ensured a number of shady areas are available and have our shelter set up for learning during mid day.

**The SunSmart Message**

* Stay in the shade 11-3
* Make sure you never burn
* Always cover up – wear a t-shirt, hat and wraparound glasses
* Remember children burn more easily
* Then advise parents to apply a once a day sunscreen of at least an SPF 15+ to their children before bringing in to preschool

**Procedures**

*Education*

* We will have a “be smart in the sun” story time at the start of summer term for all children, in a way that they can understand.
* We will forward to parents and carers any government information relating to sun safety, which we are given. We will also put information in our Summer Term newsletter, reminding parents to provide a cool drink, sun hat and apply a suitable sunscreen to their child prior to coming in to preschool.
* During the school day, we remind children to put hats on before going outside.
* We will talk with children about how they are feeling – warm/hot, thirsty and so on, to help build upon their own awareness of their bodies and health and self care.

*Protection*

* When outside we will ensure that children have access to adequate shade and water.
* We purposefully set up activities in shady areas during our hotter and sunnier months.
* Children will be encouraged to use the shaded areas during playtimes when appropriate.

*Timetabling*

* We will try to avoid being out in the sun at the hottest time of the day.

*Clothing*

* We will actively encourage all children to wear a broad-brimmed hat when playing outside from April –July.
* We will have a ready supply of spare hats.
* Staff should wear hats when appropriate to act as a good role model and to also demonstrate drinking plenty of water

*Sunscreen*

* It is parents/carers responsibility to ensure that children have had sunscreen applied before they come to pre school.
* For children who are staying with us all day, we ask the parent to supply a named bottle of sun cream which we will apply in the afternoon, or that parents use a good, once a day screen.
* We also seek permission from parents/carers to sponge down their child if they over heat or we suspect heatstroke. If we suspect heatstroke, we will contact the parent immediately.
* We inform all parents of any Heat Wave alerts issued by county.
* The sun cream must be in date and be a minimum factor 30 with a 5-star UVA rating (this is usually visible on the bottle).
* Parents are welcome to leave the sun cream at the nursery for the duration of the summer, but this cream must be clearly labelled with the child’s name on it.

**Legal framework**

* Every Child Matters – Be Healthy

**Further guidance**

[www.cancerresearchuk.org](http://www.cancerresearchuk.org)

<http://www.sunsmart.org.uk/prod_consump/groups/cr_common/@nre/@sun/documents/generalcontent/crukmig_1000ast-3230.pdf>

[Sunscreen and sun safety - NHS (www.nhs.uk)](https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/)