

Sun Safety Policy

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 and schools to help prevent skin cancer in future generations because:

- Nurseries and schools 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 preventable through behaviour modification and sun protection during early years.

The main elements of this policy are:

- Partnership: working with parents and guardians, staff, and the wider community to reinforce awareness about sun safety and promote a healthy school.
- 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 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 and sunscreen.

PROTECTION VIA SHADE:

- The venues we use for our activities have shade provided by the school building, outdoor shelters, trees and even if it is too hot then an indoor space will be used to support the children.
- Children will be encouraged to use the shaded areas during playtimes when appropriate and hats are encouraged to be worn to protect from direct sunlight.

CLOTHING:

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

DRINKING WATER:

- Children are encouraged to increase their water intake in hot weather and are encouraged to drink water during regular breaks we provide children with.