Kenyngton Manor Nursery and Preschool
Sun-Safe Procedure

Whilst we recognise that some sun is good for us, over-exposure to Ultraviolet Radiation (UVR) is an important safeguarding issue for early years settings. During the warmer months of the year, children are exposed to UVR from the sun, often when penetration is at its strongest (between 11am and 3pm). Without adequate protection, a child's delicate skin can easily burn, causing cumulative and irreparable damage. This can significantly increase their risk of developing skin cancer in later life. Skin cancer is the most common cancer in the UK with rates of the disease rising faster than any other cancer. 86% of skin cancers are caused by over-exposure to UVR, so it is almost entirely preventable. Sun exposure in the first 15 years of life contributes significantly to a person's lifetime risk of skin cancer, highlighting the importance of early years settings and parents working together, to increase knowledge and influence behaviours, to ensure children are protected against UVR and learn how to enjoy the sun safely.

This procedure outlines our commitment to:
PROTECTION: providing an environment that enables children and staff to stay safe in the sun.
EDUCATION: learning about sun safety to increase knowledge and influence behaviour.
COLLABORATION: working with parents, the management structure, and the wider community to reinforce awareness about sun safety.

Partnership

- Sun safety will be promoted through working with parents/carers, staff, and the wider community to improve our understanding and provision to avoid the 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, hats, and sun-cream.
- Parents will be asked through letters/newsletters to support this policy by encouraging their children to adopt the 'Slip, Slop, Slap' message and act as role models.

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- Children will learn the 'Slip, Slop, Slap' song which will help them remember the basic sun safe message.
- Staff will share 'George the Sun Safe Superstar', an illustrated, rhyming story that educates young children on the importance of sun safety and staff will regularly reinforce the sun safe messaging through discussion.

Protection

- The nursery & preschool playgrounds have shade provided either by the school building, outdoor shelters, trees, and we use temporary gazebos if required, particularly important for use during outdoor play in extremely hot and sunny conditions.
- Children will be encouraged to use the shaded areas during outdoor play as appropriate.
- Children will be kept out of direct sunlight between the hours of 11am until 3pm, if necessary. Staff will use their judgement to decide whether it is appropriate for children to stay in shaded areas during these times.

Clothing:

- Children should wear clothes that provide good sun protection. It is recommended that children wear either broad-brimmed, bucket style or legionnaire to adequately shade the face, neck, ears and cheeks. A long-sleeved top, trousers, or long skirts in close-weave fabrics that do not allow sunlight through or sunglasses with wraparound lenses or wide arms with the CE Mark and British Standard Mark 12312-1:2013 E.
- Baseball style caps are not recommended because they do not provide shade to the neck, ears or cheeks.
- Children must bring an appropriate labelled sun hat to nursery or preschool during the summer months.

Suncream Application:

- Children must have suncream pre-applied each morning/afternoon at home by their parents/carers before arriving to nursery or preschool for their session.

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- Parental consent will be gained electronically, then sun cream can be re-applied midday for those children who attend a full day. Sensitive, 50 factor suncream is used unless agreed otherwise.
- If your child requires a particular sun cream due to sensitivity, an allergy or if you would like them to have their own, please bring this in clearly labelled with your child's name and this will be stored at nursery or preschool.
- If we do not have consent to apply suncream, your child always stay in shaded areas or kept indoors.

It is recommended that all sunscreen provided by both parents and nursery settings should be:

• A minimum Sun Protection Factor (SPF) 30

• Labelled 'Broad-Spectrum' to provide both UVA and UVB protection and labelled with a UVA symbol (minimum 4 stars).

• Applied generously to exposed skin 20 minutes before going outdoors when UV levels reach 3 or above.

• Sunscreen should be stored in a cool, dry, accessible place.

• Remember to check expiry dates as sunscreen becomes less effective over time. If an expiration date is not displayed, look for an open jar symbol which will have a number next to it (i.e. 9M or 12M) - that's the number of months you can safely use the sunscreen after opening.

Drinking Water:

- Children are encouraged to increase their water intake in hot weather and are encouraged to drink water provided outside during outdoor play in hot weather.
- Staff must ensure that water is always available and accessible to children inside and outside.