

## 41. Sun Care Policy

At La Petite Academy 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 are a 'Sun Safe' nursery (see attached) and annually update our accreditation, considering the latest recommendations for children's safety in the summer months.

We follow guidance from the weather and UV level reports on <https://www.metoffice.gov.uk/weather/forecast> and use the following procedures to keep children safe and healthy in the sun:

- We will work with parents 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
- Children **must** have a clearly labelled sun hat which will be worn at all times whilst outside in sunny weather. This hat will preferably be of legionnaires design (i.e. with an extended back and side to shield children's neck and ears from the sun) to provide additional protection
- Children **must** have their own labelled high factor sun cream with prior written consent for staff to apply. This enables children to have sun cream suitable for their own individual needs. Staff must be aware of the expiry date and discard sunscreen after this date
- The nursery will hold an in-date bottle of child appropriate, high factor sun cream (e.g. Child's Farm or Nivea Kids brand) to use with children whose parents have forgotten their own cream, following parental agreement and signing of a permission form. Parents are welcome to patch test the cream in advance for signs of allergy should they wish
- The nursery will hold a small selection of sun hats for children to use if their own is forgotten
- Parents **must** apply a high factor suncream prior to their child arriving at nursery during times where the UV is forecast to be 3 or above during the session, and where children attend for a full day, this will be reapplied after lunch
- Parents are requested to supply light-weight cotton clothing for their children suitable for the sun, with covered shoulders, 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 and will remind parents of this policy at handovers to ensure that all children are being adequately protected
- 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 where the UV is 6 or above. Shaded areas are 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.
- Children will always have sun cream applied before going outside in very hot weather and at frequent intervals during the day. If it is not possible to apply sun cream (e.g. due to parent's wishes) then children will need to remain covered/in the shade or indoors depending on the intensity of the sun.
- Children are encouraged to drink cool 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
- Key persons also 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
- The nursery is a 'sun safe' setting ([www.sunsafenurseries.co.uk](http://www.sunsafenurseries.co.uk)) and as such promotes the 5 'S' rules for sun safety in order for us all to be 'sun safe superstars': slip, slap, slop, slide, shade.  
Slip on a t-shirt; slop on some sun cream; slap on a hat; slide on some sunglasses and stay in the shade
- Staff act as role models to children and promote sun safety at all times through their own actions.

## **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 regarding the amount of sun cream applied.

At nursery we find the right balance to protecting children from sunburn by following the NHS guidance. The benefits are discussed with parents and their wishes followed regarding the amount of sun cream applied.

We also promote the NHS recommendation to parents that all children aged under 5 years should be given vitamin D supplements even if they do get out in the sun.

<b>This policy was adopted on</b>	<b>Signed on behalf of the nursery</b>	<b>Date for review</b>
14/05/2025	<i>Seren Brown</i>	30/04/2027