

## **Safeguarding children**

### **1.24 SunSmart Sun Protection**

#### **Policy statement for St Joseph's Pre-school**

At St Joseph's Pre-school, we want staff and children to enjoy the sun safely. Skin cancer is one of the most common cancers in the UK. Most skin cancers are caused by UV radiation from the sun. The Pre-school encourages all staff and children to protect themselves thus reducing the risk.

#### **SunSmart national skin cancer prevention campaign**

Thus the Committee and staff advocates the SunSmart campaign run by Cancer Research UK. Particularly as sun protection is vitally important for children whose skin is more delicate and easily damaged, more so for the very young. Sunburn in childhood can double the risk of skin cancer in later years.

The five key SunSmart skin cancer prevention messages are:

- S** stay in the shade between 11am and 3pm;
- M** Make sure you never burn.
- A** Always cover up – wear a T-shirt, hat and wraparound sunglasses;
- R** Remember children burn more easily;
- T** Then use factor 15+ sunscreen. However, the Pre-school recommends a minimum of factor 30+.

#### **Method**

To enable everyone at the setting to enjoy the sun safely we will work with staff and parents to achieve this through:

##### *Education*

- All children will have a SunSmart story time at the start of the summer term;
- All children will paint SunSmart pictures to re-enforce the sun protection messages;
- The SunSmart song is added to those we normally sing during the summer term;
- Parents and guardians will be sent a letter explaining what we are doing about sun protection and how they can help at the beginning of the summer term (see Appendix 1);
- Staff will attend a special sun protection training workshop (April 2023).

##### *Protection*

- Shade:
  - we have a willow tunnel in the outdoor play area (lower level);
  - we have many big trees to provide a good amount of shade in the upper garden;

- Timetabling:
  - Children will spend more time playing outside before 11am. The next safe time to return to outside play is after 3pm. However, this will not be applicable for our setting as we close at 3pm.
  
- Clothing and hats:
  - We will actively encourage all children to wear a hat<sup>1</sup> when playing outside during the summer months;
  - We have some spare pre-school hats to give to children who forget their own;
  - All staff are given the option to wear hats when outside to set a good example.
  - The more skin you cover with long sleeves, skirts, trousers etc, the more you protect your skin from the sun and harmful UV radiation. A shirt or blouse with a collar provides protection for your neck, and darker colours absorb UV radiation better than white or pastel colours of the same fabric.
  
- Sunscreen:
  - Staff will supervise children applying sunscreen after lunchtime, if heat and UV levels are not extreme, during the summer months;
  - Children will need to bring in their own clearly labelled bottle. The minimum we suggest is 30+SPF, however, the higher the better and where possible would recommend 50+SPF.
  - It is recommended that sunscreen is applied 20 minutes before you/your child goes outside and is reapplied every 2 hours, and after swimming or excessive sweating.
  
- Sunglasses:
  - Protect eyes by wearing sunglasses that are labelled with UV protection and are large enough to cover eyes fully and provide sun protection from all angles, ie. close fitting or wraparound style is best.

**Remember: you can burn in the UK even if it is cloudy.**

We will monitor our progress and review the policy annually

### Further Guidance

- [www.sunsafenurseries.co.uk](http://www.sunsafenurseries.co.uk)
- [www.skcin.org](http://www.skcin.org)
- [www.cancerresearchuk.org](http://www.cancerresearchuk.org)

### Associated Policies and Procedures

- 1.2 Safeguarding Children and Child Protection
- 1.22 First Aid
- 2.1.3 Sickness and absence

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<sup>1</sup> Recommended by [www.sunsafenurseries.co.uk](http://www.sunsafenurseries.co.uk) : wide brim hat, Legionnaire hat or a bucket hat

<b>Version Number</b>	<b>Author</b>	<b>Purpose of change</b>	<b>Date</b>
1.0	N Powers & K Coupe	New Policy to reflect changes climate and for the protection of staff and families	05 Nov 2022 Cttee Mbr (L Finn)
2.0	K Coupe	Reviewed and updated: <ul style="list-style-type: none"> <li>• amendment of closure time of the Pre-school (now 3pm)</li> <li>• new “Further Guidance” section</li> <li>• inclusion of advice re sunglasses</li> <li>• addition on advice re the UK and cloudy weather</li> <li>• clarification of the minimum sunscreen factor that the setting would like children to have applied</li> </ul>	07 June 2024 Cttee Mbr (G Ind)

## Appendix 1: Example letter to be sent out each summer:

DATE

Dear Parent or Guardian,

Now the summer term has started I wanted to write and tell you about our **sun protection policy**. We have developed this with the help of the committee to ensure that we can all enjoy the sun safely over the coming months.

The sun's rays are particularly strong over the summer and they can damage children's skin. This may not seem like a problem right now, but sadly it can lead to **skin cancer** in later life. Your child's health and well-being are very important to us. So we have decided to spend more time discussing sun protection at pre-school and encourage play in the shade during high UV level months.

We actively encourage all children to **wear a hat** when they play outside. Please send your child to pre-school wearing a comfortable wide brimmed hat or legionnaire style cap. We have a few spare hats to give to children who forget their own.

If your child is fair skinned it may be a good idea to provide additional protection by using high factor **sunscreen**. Staff at St Joseph's Pre-school will be supervising children applying sunscreen and helping those that are not able to apply sunscreen by themselves. We ask you provide a bottle of factor 30+ sunscreen **clearly labelled with your child's name**.

More details of these can be found in our SunSmart policy which I am attaching to this letter.

Your support is very important if our new policies are going to work. You can help by:

- talking to your child about the importance of sun protection at home;
- remembering to send your child to nursery with a wide brimmed hat.

Together I hope we can have a very happy and safe term to come!

Kind Regards

Lead Practitioner