

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;
 - We are currently in discussions with our committee regarding whether pop up gazebo's/ canopies would be a useful investment.

- 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 2.55pm.
- Clothing:
 - We will actively encourage all children to wear a hat 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.
- 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 of factor 30+ sunscreen.

This policy was developed with the help of staff, parents and local health advisors in August 2022.

We will monitor our progress and review the policy annually

Associated Policies and Procedures

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

Version Number	Author	Purpose of change	Date
1.0	N Powers & K Coupe	New Policy to reflect changes climate and for the protection of staff and families	05/11/2022 Cttee Mbr (L Finn)

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