

EARLY YEARS FOUNDATION
STAGE
SUN PROTECTION
POLICY



New Policy April 2018

To be reviewed annually

INTRODUCTION

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 enormous potential for schools to help prevent skin cancer in future generations. Schools are central to protecting children's skin this is because:

- Children are at school five out of seven days a week at times when UV rays are high.
- Most damage due to sun exposure occurs during the school years.
- Schools can play a significant role in changing behaviours through role modelling and education.
- Students and teachers are at risk of sunburn within 10-15 minutes of being exposed to strong sunlight.
- Children have continuous access to the outdoor provision.
- Skin cancer is largely preventable through behaviour modification and sun protection during early years.

POLICY STATEMENT

This policy is intended to ensure that staff and pupils can enjoy the sun safely. We believe that Sun Safety is important to ensure that children and staff are protected from skin damage caused by the harmful ultraviolet rays in sunlight. We will work with staff, pupils and parents to achieve this through:

Education:

- All children will learn about sun safety and protecting their skin through story times and PSHE lessons (circle time).
- Parents will be informed of our Sun Protection policy and asked to provide hats and sunscreen.
- Children will be spoken to about the importance of drinking more water when it is hot and will be encouraged to bring water to school and to make use of drinking fountains.
- We will remind parents at the appropriate time of year about the dangers of sun exposure and preventative measures.

- We will hold outdoor activities in areas of shade whenever possible, and encourage children to use shady areas of the outdoor classroom and playground areas.

Shade

- Children will be encouraged to use shady parts of the outdoor classroom and playground.
- We will work towards increasing the provision of adequate shade for everybody.
- Children will be encouraged to use the shade during trips out and on sports days.

Clothing

- We will actively encourage all children to wear a sunhat preferably legionnaire style when playing outside.
- There is a limited supply of hats for children who forget their own.
- We will encourage staff and parents to act as good role models by practising sun safety.
- Children are allowed to wear UV protective sunglasses, whilst engaged in outdoor activities, please check the protection levels which are advised to be UV 400/100% UV protection.

Sunscreen

- We will encourage parents to apply sunscreen before school – high factor - all day cream, if possible.
- There will **not** be spare suncream for communal use due to the risk of allergies.
- Sunscreen should be applied that is factor 30+, to all exposed parts of the body 15-30 minutes before going out in the sun not forgetting ears, shoulders, necks, noses and tops of feet etc.
- Children will need to bring in their own clearly labeled bottle of sunscreen for reapplication if needed. They may apply this to themselves under the supervision of an adult. Adults should not assist pupils in this, except in exceptional medical circumstances. An adult should never be alone with a child when assisting such a child.
- Parents/guardians will need to sign a consent form to allow staff to supervise the application of sunscreen. This will depend on the age and ability of the child.
- If a pupil does not have any sunscreen, they may not be allowed to play

outside that day to ensure that they are not burnt by the sun.

- All children should wear sunscreen. Parents whose children are allergic to sunscreen should either try to find an alternative or ensure that their child is adequately covered with long sleeved, long legged clothing.
- We will inform parents of sunscreen use for trips out and special outdoor events such as sports day.

USEFUL RESOURCES

SunSmart website - www.sunsmart.org.uk

Skin Cancer Hub website <http://www.swpho.nhs.uk/skincancerhub/>

Sun Wise website: <http://thesunwiseset.co.uk/>

NHS website: <https://www.nhs.uk/Livewell/skin/Pages/SunSAFE.aspx>

EYFS PARENTAL CONSENT LETTER

Example letter to parents of children in the Early Years Foundation Stage



Dear Parent or Guardian,

Now the summer term has started I wanted to write and tell you about our new Sun Protection policy. We have developed this 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 school.

We are also going to be actively encouraging all children to wear a hat when they play outside. Please send your child to school wearing a comfortable

wide brimmed hat or legionnaire style cap. Please ensure that the hat is clearly labelled with your child's name. This can be stored in our hat box at school.

If your child is fair skinned it may be a good idea to provide additional protection by using high factor sunscreen (SP30+). We will be encouraging the children to reapply sunscreen as and when it is needed under the supervision of an adult. If you would like your child to be included please return the sunscreen permission form with a bottle of factor 30+ sunscreen clearly labelled with your child's name.

More details of these and other new sun protection plans can be found in our Sun Protection Policy which is available to view on our school website.

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 school with a wide brimmed hat
- applying sunscreen to your child prior to school

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

Please complete the permission slip below and return to school only if you wish to provide sunscreen for self application by your child. Please advise school if your child has any allergies or skin sensitivities.

Yours sincerely

Mrs Sweet

Name of child

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- I will provide my child with sunscreen SPF 30+ clearly labelled with his/her name
 - I give my permission for my child to self apply sunscreen under the supervision of an adult
 - I will provide my child with a suitable sun hat clearly labelled with his/her name

Name of parent _____

Signed _____ DATE
