

## **Sun Care policy**

At Sunnybank there are 3 main elements of sun care:

1. Protection: providing an environment that enables children and staff to stay safe in the sun.

We recognise that outdoor play is important for children in all weathers and also the importance of Vitamin D from the sun. Everyone needs vitamin D to absorb calcium and phosphorus from their diet. These minerals are important for healthy bones. We aim to have 30 minutes play outside without sun cream but not in the hottest part of the day between 11am and 3pm. During this time all sun exposure will be limited. We ask parents to provide sun cream and sun hats for children that can be kept at the nursery; these will be clearly labelled and only used for the child intended. The nursery can provide spare sun hats if needed. Parents/carers of children who have a medical reason which prevents them from wearing over the counter sun cream, will be asked to provide a suitable alternative. We recommend factor 30 or above and that these are replaced every year as they may lose efficiency. Sun cream should be applied approximately 15 minutes before exposure and re applied every 1 to 2 hours or after water play.

We have areas of shade around the garden from the trees and we also have gazebos to provide shaded areas for the children.

2. Education: Learning about sun safety to increase knowledge and influence behaviour.

Staff model good practice and encourage children to wear sun cream, sun hats, drink plenty of water and to take part in activities in shaded areas of the garden. Explanations are given to the children at a level of their understanding regarding the dangers of too much sun. We include sun safety in our summer term activities

3. Collaboration: working with parents, the Management structure and the wider community to reinforce awareness about sun safety in our organisation.

Parental permission will be sought during the registration process to allow staff to continue to apply sunscreen throughout the day to provide continual protection.

We will follow advice from government legislation and Nhs guidance. The guidance states that long sleeve loose clothing should be worn where possible. However if we feel a child is inappropriately dressed i.e. too warm clothing for the temperature outdoors or if they need a change of clothing for another reason we will contact the parent/carer to discuss their preference.