



MATLOCK PRE- SCHOOL PLAYGROU

SUN PROTECTION POLICY

Statement of intent

We believe that Skin cancer is largely preventable through behaviour modification and sun protection during early years.

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.

Matlock Pre-School Playgroup has been awarded Sun Safe Nursery Status for implementing the Sun Safe Nursery policy and teaching.

Aim

We aim to educate parents and children through the following methods:

- Partnership: working with parents/guardians, nursery staff and the wider community to reinforce awareness about sun safety and promote a healthy nursery.
- Education: learning about sun safety to increase knowledge and influence behaviour.
- Protection: providing an environment that enables children and staff to stay safe in the sun.

PARTNERSHIP

- Sun safety will be promoted through working with parents, staff and the wider community to improve our understanding and provision to avoid the harmful effects of too much exposure to ultraviolet light (UV).
- Staff should act as positive role models and set a good example by seeking out the shade whenever possible and wearing suitable clothing, hat and sunscreen.

EDUCATION

- Parents and guardians will be asked through letters/newsletters to support this policy by encouraging their children to adopt the Slip, Slop, Slap message and act as role models.
- Children will be taught the 'Slip, Slop, Slap' Song which will help them remember the basic Sun Safe message
- Children will be read 'George the Sun Safe Superstar', an illustrated, rhyming story that educates children on the importance of Sun Safety and staff will regularly reinforce the sun safe messaging through discussion.

PROTECTION Shade:

- The nursery playground has shade provided either by the building, outdoor shelter(s), trees and/or we have temporary structures i.e. gazebos, etc for use during outdoor play.
- Children will be encouraged to use the shaded areas during playtimes when appropriate.

In very hot weather the during 11.30am and 1.30pm the children will be in shaded areas at all times.

Clothing:

- The children will be encouraged to wear clothes that provide good sun protection.
- Parents/guardians will be duely informed of the importance to provide the nursery with appropriate sun hats and Sunscreen as advised by the national skin cancer charity 'Skcin'.
- The nursery will provide spare appropriate sun hats.

Drinking Water:

- Children are encouraged to increase their water intake in hot weather.

SUN PROTECTION

During the hot weather please apply sun cream to your child before they come to playgroup and provide a sun hat.

Please note that our sun protection policy states that:-

If children come to Playgroup with their own sun cream, and parents specifically request it, staff will apply sun cream for the child to rub in.