

Seaham Harbour
Nursery School

Sun Protection
Policy

SEAHAM HARBOUR NURSERY SCHOOL

SUNSMART SUN PROTECTION POLICY

At Seaham Harbour Nursery School our aim is for all children and staff to be safe in the sun. Staff are aware of the danger of over exposure to the sun's rays, particularly in the Summer months. We take children's health and wellbeing seriously and that is why we have this policy.

PROTECTION

Time spent outdoors:

We try to limit the time spend outdoors by children on really hot days. Children are kept in the shade where possible between the hours of 12.00pm and 2.00pm. Any child that looks like they are overheating are taken indoors immediately and cooled down by staff.

Shade:

There is some natural shade from trees, but on occasions we cover the fort, climbing frame and bridge to provide shady areas and build dens with material and encourage children to spend time there.

We plan activities outside eg. water play etc. and more 'energetic' games are discouraged ie. running around with balls/hoops.

We have water available for children in addition to the drink at snack time.

Clothing:

Children are made to wear a sun hat and we have our own supply of legionnaire hats for children without their own. Children will be encouraged to wear a long sleeved top or cardigan to cover their arms.

Sunscreen:

We advise all parents to apply sunscreen to their children before they come to nursery. Children who are with us all day have sunscreen reapplied by staff at lunch time.. Nursery staff will supervise the application of sunscreen in nursery. The children will be encouraged to 'rub it in' themselves where possible but assistance may be given. Sunscreen will only be applied to face, arms, neck and shoulders. Parents sign a consent form allowing us to do this. Sunscreen will not be applied without written permission.

The sunscreen we use is Nivea Sun Spray 50+

Education:

We display posters and information for parents during the summer months on safety in the sun. We talk to children about the weather in general and emphasise the need for 'sun' awareness through stories, pictures, rhymes etc.

The nursery is proactive in preventing risks from sunlight by:

- Making the children aware of the importance of protecting themselves against the rays of the sun, through our curriculum.
- Encouraging them to wear a hat and suitable clothing that would protect the skin.
- Encouraging the use of sunscreen and providing sunscreen for children in nursery all day.
- Encouraging them to seek the shaded areas of the garden.
- By setting a good example.

Parents need to be proactive by

- Encouraging their child to bring and wear a sun hat at school and on educational visits.
- Encourage them to wear, or bring with them to nursery, a long sleeved top or cardigan which staff will ensure they wear when playing outdoors.
- Putting sunscreen on their child before they come to nursery

Adopted by the Governing Body Summer 2018



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The nursery is able to provide sunscreen for the protection of children at certain times of the day, and your child will be encouraged to, with adult support, apply this themselves. The particular sunscreen used is Nivea Sun Spray 50+

We ask that you complete the attached form as a record of your consent and your wishes with regard to sunscreen used by your children and permission for staff to apply the sunscreen if necessary.

I the parent/carer of
..... do/do not consent to staff applying Nivea Sun Spray
50+ sunscreen as provided by Seaham Harbour Nursery School.

- *Sunscreen will be applied to your children on sunny days over lunchtime*

I the parent/carer of
..... will ensure I have applied sunscreen **before** my child
attends nursery and will bring a hat/cap and long sleeved top/cardigan on sunny days.

- *Sunscreen will be applied by parents **before** their child comes to nursery*
- *Parents will provide a hat/cap and long sleeved top/cardigan for their child to wear on sunny days*

Signature of Parent/Carer Date

Staff Signature Date