

# Abacus Nursery - Sun Care

At Abacus Nursery we are committed to ensuring that all children are fully protected from the dangers of too much sun/UV rays. We know that severe sunburn in childhood can lead to the development of malignant melanoma (the most dangerous type of skin cancer) in later life.

We follow guidance from the weather and UV level reports and use the following procedures to keep children safe and healthy in the sun:-

- Information/advice is shared with parents at the necessary time regarding appropriate clothing (light-weight cotton clothing which covers the shoulders) and the need to provide their own sunscreen (labelled) if they don't wish to use nurseries i.e. may have sensitive skin. Where a child cannot use sunscreen we insist they must have their arms and legs fully covered to be allowed outside.
- As part of our 'New child' paperwork parents indicate if they are happy for their child to have Nursery (factor 50) sunscreen applied. This is purchased as required. Staff must be aware of the expiry date and discard sunscreen after this date
- Nursery asks that Parents provide a sunhat to stay at nursery and insist on each child wearing a hat during their time outside. If a child does not wear a hat they must come back inside, this is to ensure their safety from the sun.
- Children's safety and welfare in hot weather is the nursery's prime objective staff will make day-to-day decisions about the length of time spent outside depending on the strength of the sun; children will have limited time in the direct sunlight between 11.30am - 3.00pm on hot days
- Children will always have sun cream applied after lunch (if they are attending all day) before going outside in the hot weather and at frequent intervals during the day. Parents are responsible for applying before coming to nursery.
- Regular stops to drink cool water take place more frequently throughout sunny or warm days and this will be accessible both indoors and out
- We educate the children to make them aware of the importance of wearing sun hats, sun cream and the need to drink more fluids during their time in the sun
- A number of measures are in place i.e. large canopies and smaller parasols particularly to protect children from direct sunlight when they are engrossed in an activity i.e. the sand pit. The snug is always available during these times to allow children to cool down and escape the sun should they wish or need to.

## Vitamin D

We understand the importance of Sunlight for the body to receive vitamin D to help the body absorb calcium and phosphate from our diet (these minerals are important for healthy bones, teeth and muscles). Our body creates vitamin D from direct sunlight on our skin when we are outdoors. Most people can make enough vitamin D from being out in the sun daily for short periods with their hands or other body parts uncovered. Sun

cream will stop the ultraviolet B (UVB) rays from reaching your skin, so part of your body should be uncovered and not have sun cream on.

This policy was adopted on	Signed on behalf of the nursery	Date for review
26.03.2020		March 2021
Reviewed 15/11/21		November 2022