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| *Adderley Nursery School* | *Allens Croft Nursery School* | *Gracelands Nursery School* |
| *Highfield Nursery School* | *Jakeman Nursery School* | *Lillian de Lissa Nursery School* |
| *Newtown Nursery School* | *Shenley Fields Nursery School* | *St Thomas Centre Nursery School* |

**SUN PROTECTION POLICY**

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Chair of Governors: Sean Delaney

Contents

[Statement of Intent 2](#_Toc193108136)

[1. Why Sun Protection Is Important 2](#_Toc193108137)

[2. Symptoms of Heat Exhaustion and Sunstroke 3](#_Toc193108138)

[3. Sun Protection Measures 3](#_Toc193108139)

[4. Promoting Sun Safety 4](#_Toc193108140)

[5. Responsibilities 5](#_Toc193108141)

[Additional Guidance 6](#_Toc193108142)

[Appendix A: Model Letter 7](#_Toc193108143)

This policy is in accordance with the 1989 United Nations Convention on the Rights of the Child (UNCRC).

***Article 2*** *(non-discrimination) The Convention applies to every child without discrimination, whatever their ethnicity, sex, religion, language, abilities or any other status, whatever they think or say, whatever their family background.*

***Article 3*** *(best interests of the child) The best interests of the child must be a top priority in all decisions and actions that affect children.*

***Article 6*** *(life, survival and development) Every child has the right to life. Governments must do all they can to ensure that children survive and develop to their full potential.*

***Article 12*** *(respect for the views of the child) Every child has the right to express their views, feelings and wishes in all matters affecting them, and to have their views considered and taken seriously.*

***Article 16*** *(right to privacy) Every child has the right to privacy. The law should protect the child’s private, family and home life, including protecting children from unlawful attacks that harm their reputation.*

***Article 24*** *(health and health services) Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that children can stay healthy.*

***Article 31*** *(leisure, play and culture) Every child has the right to relax, play and take part in a wide range of cultural and artistic activities.*

### Statement of Intent

At the Birmingham Federation of Nursery Schools, we take our responsibility towards the safety of staff, visitors and pupils very seriously. The purpose of this policy is to manage sun protection measures to ensure sun safety. This guidance is applied to all children, irrespective of skin colour.

### Why Sun Protection Is Important

Protection from the sun is crucial because it safeguards your skin from the harmful effects of ultraviolet (UV) radiation, which can lead to sunburn, and most importantly, significantly increases the risk of skin cancer. Young children are unable to take responsibility for their own sun protection, so we have a duty to protect them from the harmful effects of the sun. It is important to remember that sunburn can still happen through light cloud.

* 1. Skin cancer risk

UV radiation, particularly UVB rays, is a primary cause of skin cancer. Sun protection measures can dramatically reduce the risk.

* 1. Sunburn

UV radiation can cause sunburn, which is a painful and damaging reaction to excessive sun exposure.

* 1. Other health concerns

Too much sun exposure can also cause heat exhaustion, skin irritation and sun stroke, especially in the young children.

### Symptoms of Heat Exhaustion and Sunstroke

Heat exhaustion and sunstroke usually only happen in England during unusually hot weather, such as a heat wave. Babies and young children are more at risk because they sweat less. If they do occur, heat exhaustion and sunstroke can be very serious if they are not treated quickly.

Mild symptoms of heat exhaustion include thirst, fatigue, and cramps in the legs or abdomen.  A child with heat exhaustion should be moved quickly to somewhere cool and given fluids, preferably water, to drink. They should start to feel better within half an hour.

Left untreated, heat exhaustion can progress to sunstroke. Serious heat-related symptoms include:

* Dizziness
* Confusion
* Sweating that stops suddenly
* Headache
* Nausea
* Rapid heartbeat
* Rapid breathing
* Vomiting
* Decreased alertness

### Sun Protection Measures

3.1. Sunscreen

Using sunscreen with an SPF of 30 or higher protects skin against both UVA and UVB rays.

3.2 Protective clothing

Wearing protective clothing, such as including long-sleeved tops; loose, cool clothing is recommended and as a minimum, T-shirts to ensure shoulders are covered. Other protective items including a brimmed hat and sunglasses provide excellent protection.

3.3 Seek shade

Especially during peak sun hours, limiting time in direct sunshine is important. This can be by seeking shade or returning indoors periodically.

3.4 Particular care is needed:

* for children and babies as they have more delicate skin
* for pale or fair skin
* if a person has a high number of moles or freckles
* where there is a family history of skin cancer
* where a lot of time is spent outdoors

### Promoting Sun Safety

At the Birmingham Federation for maintained Nursery Schools, we promote sun safety through:

4.1 Collaboration

* Parents are asked to put sun cream on their child before they bring/send them to nursery
* Parents are asked for permission to use sun cream provided by either the parent or the school
* Parents are asked to bring a sun hat for their child to wear
* Parents are asked to sign to give permission for staff to help their child to apply sunscreen during hot weather

4.2 Protection

* Staff will encourage and help children to apply sunscreen before they play outside when the weather is hot. This is essential for children who attend nursery for the full day and an afternoon sunscreen top-up is required.
* Key workers will support child to apply sun cream to exposed areas, after children have attempted to apply the cream themselves first.
* Staff will encourage children to wear sun hats and provide hats for children to wear if they do not have their own.
* Staff will encourage children to play in the shade where possible, and where not possible, will limit the amount of time children are outside.
* Staff will encourage children to drink plenty of water.

4.3 Education

* Sun safety will be discussed with children, including the importance of

-applying sun cream

-wearing sun hats

-seeking shade

-drinking plenty of water

### Responsibilities

5.1 Senior Leaders

* Liaise with the appropriate authorities to ensure that there is up to date information regarding the management of sun issues and the protection of children from the sun.
* Ensure there is a written sun policy/ procedure and make it known to staff and parents/carers.
* Work with parents to raise and reinforce awareness about sun safety and make clear the expectations, policy and strategies of the organisation in this area.
* Provide ‘sun’ information and reminders to parents (within the regular newsletters etc.).
* Provide sunscreen for children who do not have any (as a last resort and with the permission of parents/ carers).
* Monitor that procedures are being followed.
* Ensure that all staff are familiar with child protection procedures and their implications for this policy.

5.2 Staff Working with Children

* Follow the agreed policies and procedures.
* Be aware of child protection issues when applying sun screen and follow all agreed Child Protection/ Safeguarding policies and guidance.
* Support children to apply sunscreen, paying particular attention to areas that burn easily such as the ears and neck.
* Teach children how to protect themselves from the sun.
* Engage children in activities that promote safe sun behaviour.
* Liaise with parents/carers in order to work together for the protection of children.
* Act as good role models for children, for example by wearing hats and sunscreen when outside.
* Ensure that parents/carers have signed consent forms for their child to wear sunscreen and have it applied by staff, if necessary.
* Ensure that children outside on warm days are wearing sun cream and are suitably clothed.
* Ensure children have access to (additional) drinks in hot weather.
* Report any difficulties with these procedures to the appropriate senior member of staff.
* Have spare clothing for children to wear if not appropriately dressed (e.g. t-shirts to ensure their shoulders are covered).
* Wherever possible, give children a choice of indoor or outdoor play.
* In very warm weather, timetable children to be outside for only very short periods of time during the hottest part of the day.
* Move seats and equipment to shady areas where possible.

5.3 Parents & Carers

* Understand that, as the child’s main carer, you have prime responsibility for your child’s health and welfare.
* Be aware of the Sun Protection Policy and sun safety guidance.
* Work with staff to jointly ensure that children don’t get burned.
* Ensure children are suitably dressed for sunny weather, particularly between April and September.
* Apply sunscreen cream to your child’s skin just prior to the start of their session/day, paying particular attention to areas that burn easily such as the ears and neck; rub it in well.
* Provide sunscreen cream to nursery, clearly labelled with the date and the child’s name (minimum SPF 30), especially if your child attends full days.
* Sign to give consent for staff to support your child to apply sunscreen cream

***NB Please Note: sunscreen cream needs to be replaced annually as its strength is reduced to 50% after 12 months; children with eczema can have their sunscreen cream prescribed by their GP.***

### Additional Guidance

Sun Smart website: [www.sunsmart.org.uk](http://www.sunsmart.org.uk)

### Appendix A: Model Letter

Dear Parents and Carers,

Now that the summer term has started, I wanted to write and tell you about our **Sun Protection Policy** 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. Your child’s health and well-being are very important to us.

We actively encourage all children to wear a hat and wear sunscreen when they play and work outside at this time of year.

More details can be found in our **‘Sun Protection Policy’** which is available on our website.

**You can help by:**

* talking to your child at home about the importance of sun protection
* remembering to send your child to us with a wide brimmed hat or cap (with neck protection if possible).
* applying SPF30+ sun cream to your child’s skin BEFORE they arrive at nursery.
* ensuring that you have given consent for the staff to apply sun cream to your child’s skin
* provide sun cream for your child, clearly labeled with your child’s name.

Please talk to a member of the team if you have any worries or questions.

Yours faithfully,

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