

Sun Care Policy and Procedure

At Townsend Montessori Nurseries Limited we are committed to ensuring that all children are fully protected from the dangers of too much sun/UV rays.

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

- Key persons will work with the parents of their key children to decide and agree on suitable precautions to protect children from burning, including those with more sensitive skin types and those that may be more tolerant to the sunshine, e.g. black and/or Asian colouring
- Children must have a clearly labelled sun hat which will be worn at all times whilst outside in sunny weather. This hat will preferably be of legionnaires design (i.e. with an extended back and side to shield children's neck and ears from the sun) to provide additional protection
- The nursery provides its own sun cream, which staff will apply. We ensure the nursery provides a 5 star rated sun cream, and details of the exact brand can be provided by speaking to the Nursery Manager.
- Parents/carers are also able to provide their own sun cream, which staff will apply. This must be a high factor sun cream and labelled with the child's name.
- If a child does not have permission to use nursery sun cream and are not provided with their own, it may prevent them from going outdoors.
- Parents/carers are asked to complete a section in the 'Child's Pack' regarding application of sun cream
- Parents are advised to supply light-weight cotton clothing for their children suitable for the sun, with long sleeves and long legs
- Staff will make day-to-day decisions about the length of time spent outside depending on the strength of the sun. Consideration will be given to the hottest parts of the day, between 11.00am – 3.00pm
- Children will always have sun cream applied before going outside in the hot weather. We ask that parents make the first application before attending nursery to allow children to take part in the nursery activities straight away
- Children are encouraged to drink cooled water more frequently throughout sunny or warm days and this will be accessible both indoors and out
- Children are made aware of the need for sun hats, sun cream and the need to drink more fluids during their time in the sun
- Shade will be provided to ensure children are able to still go out in hot weather, cool down or escape the sun should they wish or need to.

Vitamin D

Sunlight is important for the body to receive vitamin D. We need 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. At nursery we find the right balance to protecting children from sunburn as well as allowing the skin to access the sun for the vitamin D benefits, e.g. some parts of the body will be uncovered i.e hands, but children will be fully monitored to ensure no areas of skin are burnt.

This policy was adopted on	Date for review
23.12.19	December 2020

