

## Chieveley Pre-School

Chieveley Early Years Centre, School Road

Chieveley, West Berkshire RG20 8TY

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E-mail [info@chieveleypreschool.co.uk](mailto:info@chieveleypreschool.co.uk)

Website [www.chieveleypreschool.co.uk](http://www.chieveleypreschool.co.uk)

Registered Charity No.1048094. PLA No.15843.



## Sun Safety Policy

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.

There is potential for preschools to help prevent skin cancer in future generations because:

- Preschools can play a significant role in changing behaviours through role modelling and education from an early age.
- Children and staff are at risk of sunburn within 10-15 minutes of being exposed to strong sunlight.
- Skin cancer is largely preventable through behaviour modification and sun protection during early years.

The main elements of this policy are:

- Partnership: working with parents/guardians, preschool staff and the wider community to reinforce awareness about sun safety and promote a healthy preschool.
- 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 preschool outdoor area has shade provided by the large wooden shelter for use during outdoor play.
- Children will be encouraged to use the shaded areas during playtimes when appropriate.

#### Clothing:

- The children will be encouraged to wear clothes that provide good sun protection.

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- Parents/guardians will be duly 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 and quality sunscreen on site at all times.

**Drinking Water:**

- Children are encouraged to increase their water intake in hot weather and are encouraged to drink water during outdoor play times.

**This policy was reviewed by the management and committee of Chieveley Pre-School and adopted during 2021-2022**

Signed on behalf of Chieveley Pre-School by the chair.

**Name (Sign):** 

**Date:** 24.11.21.

**Name (Print):** Jenny Hopps

**Date:** 24.11.21.