**Neatishead and Barton Pre-School**

**Sun Care Policy**

**Why is sun protection important for children and young people?**

Skin cancer is one of the most common cancers in the UK and the number of cases is rising at an alarming rate. The good news is that most of these cases could be prevented. Most skin cancers are caused by ultraviolet (UV) radiation from the sun. If we protect ourselves from the sun, then we can reduce our risk.

This is particularly important for children and young people whose skin is more delicate and easily damaged. Studies have found that sunburn during childhood can increase the risk of skin cancer later in life. You may not see the damage immediately because skin cancer can take years to develop, but children who are over-exposed to the sun now are storing up problems for the future.

**What about vitamin D?**

We all need some sun to make enough vitamin D. Enjoying the sun safely, while taking care not to burn, can provide all the benefits of vitamin D without raising the risk of skin cancer. For more information on vitamin D, visit the SunSmart website:

[www.sunsmart.org.uk](file:///C%3A%5CUsers%5CPre%20School%20Commitee%5CDesktop%5CPOLICIES%5CNEW%20POLICIES%5C2017%5Cwww.sunsmart.org.uk)

**Policy Statement**

At Neatishead & Barton Pre-school we want staff and children to enjoy the sun safely. We will work with parents to achieve this through:

* Reminding parents to refer to the Sun Care policy on the website and newsletters during warm weather.
* Parents are to put long-lasting sunscreen (minimum of 6 Hours) on their child before coming to pre-school.
* Parents sign the daily sign in sheet to say they have applied sun cream on their child.
* Parents are to bring a named sunhat which remains at pre-school.
* We will remind children during the summer months about being safe in the sun and drinking plenty of water.

**And when it is very hot and sunny:**

* Water will always be available, and children will be frequently reminded to drink.
* Outside activities will be placed in the shade under the gazebo where possible.
* Children are required to wear appropriate clothing that covers their shoulders.

Signed on behalf of the Committee

Name of Signatory

Role of Signatory

Date

Date to be reviewed