



## **SUN SAFE NURSERIES THREE STEPS TO GAINING YOUR OFFICIAL SUN SAFE NURSERY STATUS AND AWARD**

This document provides information on the three simple steps required and the resources made available for you in order to gain your Sun Safe Nursery Status and Award.

The Sun Safe Nurseries organisation, its associated policy and resources have been developed by the national skin cancer charity Skin: (The Karen Clifford Skin Cancer Charity, Registered charity no.1116440) in association with educational professionals.

The Sun Safe Nurseries Award Scheme requires the nursery to implement these items as part of their duty to help protect children from the damaging effects of UV during hours in their care.

Nurseries wishing to implement the scheme need to first register their nursery on-line via the Sun Safe Nurseries website: [www.sunsafenurseries.co.uk](http://www.sunsafenurseries.co.uk), at which point they will be provided with a personal log-in to their own three step interactive on-line status guide that provides the nursery with all the advice and resources needed to achieve their award, each of the three steps requires simple feedback from the nursery for validation.

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## **THREE STEPS TO GAINING YOUR OFFICIAL SUN SAFE SCHOOL STATUS AND AWARD**

### **STEP ONE: SUNSCREEN, SUN HATS AND ROLE MODELS**

It is imperative that every child in nursery has access to a suitable sun hat and quality sunscreen that will adequately protect them from the sun whilst in your care. It is very important that parents are made aware of the importance of sending their child into nursery with these items during hotter months, thereby ensuring that no child is ever left unprotected from the damaging effects of UV whilst in your care.

Appropriate sun hats that protect the head and shade the face, neck and ears (e.g. broad brim or legionnaire style) should always be worn on sunny days during outdoor play or activities. With appropriate permission a broad spectrum UVA/UVB sunscreen (UVA ideally minimum 4 star+) with a minimum SPF (Sun Protection Factor) of 30+ should be applied to the children before extended periods of time outdoors in the sun.

In order to make certain that parents are aware of the importance of their responsibility to supply you with these items for their child, Sun Safe Nurseries have written a customisable letter to parents that is available to download and informs them of the following:

- The Sun Safe Nurseries Award Scheme and your intention to become an Official Sun Safe Nursery
- Why this is so important and what is expected of parents/carers regarding the supply of appropriate sun hats, sunscreen and permission for nursery staff to apply.
- The importance of both nursery staff and parents/carers to act as appropriate role models.

The letter asks that all parents sign an attached form in acknowledgement of their responsibility and return it to you the nursery for your records.

We have also made available a sun safety fact sheet that is available to download and send home to parents with the above letter for them to keep and refer to.

Sun Safe Nurseries, therefore require you to send both the letter and sun safety fact sheet to all parents/carers, subsequently collecting in each signed form for your records.

In addition, it is highly recommended that you purchase a number of sun hats and have available sunscreen that belong to the nursery and stay on your premises to ensure that should a parent/carer forget to bring theirs in, you are appropriately equipped to ensure that no child is ever left unprotected. Sun Safe Nurseries asks that you make a pledge to advise this is covered.

## **STEP TWO: SHADE**

It is advisable that all nurseries provide a shaded area for children to play under or use during appropriate outdoor activities on particularly sunny days. If you are lucky enough to have lots of trees that provide shade, this can work just as well as a purpose built shade structure.

Whilst providing shade is preferable, it is not essential in order to gain your Sun Safe Nursery Status. However, if you do not already supply a shaded area Sun Safe Nurseries ask that you make a pledge to investigate implementing a suitable solution.

## **STEP THREE: TEACHING RESOURCES AND ACTIVITIES**

The Sun Safe Nurseries teaching resources and activities have been designed to introduce the sun safe message to children in a fun and engaging manner.

A rhyming, illustrated story entitled, 'George The Sun Safe Superstar' is available to download in pdf format via the website, or if desired is available to purchase for £5.00 per copy with all proceeds going to the charity, Skcin. Should you wish to purchase one or more copies please email: [charlotte.fionda@skcin.org](mailto:charlotte.fionda@skcin.org)

Sun Safe Nurseries requires you to read the story to the children and then discuss the key sun safe messaging within it. To help reinforce the message try to read the book regularly.

It is recommended that nursery school children aged between 3 and 5 learn, by heart, the simple Slip, Slop, Slap message: Slip on a T-shirt, Slop on the Sunscreen, Slap on a hat.

To assist you in teaching the children Sun Safe Nurseries have made available a short, fun, rhyming song for the children to learn with actions. This is available to view and download via the website.

In addition Sun Safe Nurseries have supplied a few easy activity sheets that can be downloaded directly from the website and selected in accordance with the abilities of various age groups as appropriate. Although not mandatory to complete as part of gaining your Sun Safe Status, they are there to help reinforce the message.

Although this is not mandatory, it would be a good idea if the nursery made a Sun Safe wall display of the children's work that will help reinforce the message and show parents what the children have achieved.

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Once steps one, two and three are completed you are an official Sun Safe Nursery and will automatically be emailed a personalised certificate to display and an official policy document for your records.

### **Maintaining your Sun Safe Nursery Status.**

Your Sun Safe Nursery policy requires annual feedback via our interactive on-line policy guide in order to maintain your Sun Safe Status.

It is important that all parents/carers of newcomers to the nursery are provided with the same information outlined in step one and that the book and song are regularly used to introduce or reinforce the key sun safe messages, particularly during hotter months of the year.

You will automatically be notified via email of any updates, additions or amendments to the scheme.

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**ENDS**