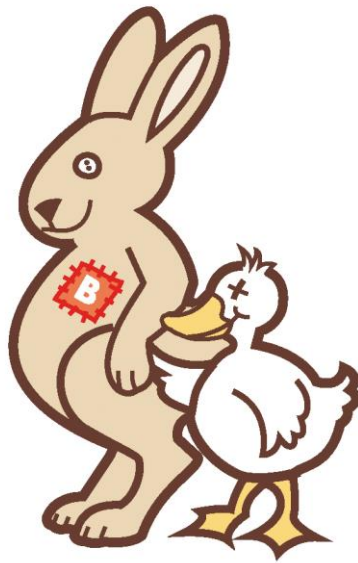


Sun Safety Policy



**BALLYMONEY NURSERY
SCHOOL**

Rationale

"You have the right to the best health care possible, safe water to drink, nutritious food, a clean and safe environment, and information to help you stay well". (Article 24)
(UN Convention of the Rights of the Child, 1989)

"Children should understand the importance of wearing appropriate clothing and taking care in the sun" (Pre School Curricular Guidance, DENI, 2018)

Aim

To ensure children are protected from the harmful rays of the sun.

Objectives

- Whole school community are aware of the importance of protecting children from the sun rays.
- Parent/carers are aware of their responsibility to protect their children from the sun.
- Staff will ensure children are not exposed to sun rays for long periods of time during the summer months.

Implementation

Young children have thinner, more delicate skin than adults. Because of this, their risk of getting sunburnt is much higher. We want all children and staff to have the benefit of spending time outside in safety without the danger of the harmful effects of the sun. We work with the staff team, carers to accomplish this through a variety of ways.

- Parents/carers will be asked to put on sunscreen (recommend factor 50+) for their children before they attend nursery as well as bringing sun hats and suitable clothing. This will be in the nursery handbook, newsletter and notices on the noticeboard.
- Regularly remind children, staff and parents about sun safety through newsletters, posters, text messages and activities for pupils.
- We encourage parents to dress their children in cotton clothing that is loose and of close-weave fabric and covers their shoulders and upper arms. Children should be encouraged to wear hats with brims so that most of their face is shaded.
- Encourage staff and parents to act as good role models by practising sun safety;
- Staff should be aware how long children have been in the sun after they have played in water.

- Experiences set up outdoors should be kept in the shade where possible and children encouraged to use shaded areas for their games. In particular, the afternoon class as the hottest part of the day is between 12noon and 3pm.
- The water dispenser should be taken outside along with disposal cups for the children/staff to access when required. Children should also be encouraged to drink water.
- In rare cases, extreme heat can cause heatstroke. Symptoms to look out for are:
 - Cramp in arms, legs or stomach,
 - Feeling of mild confusion or weakness.
- If anyone has these symptoms, they will be taken in to the school where the windows and doors will be kept open to let air flow, kept cool and encouraged to drink water whilst their parents/emergency contacts are telephoned to come to the school.
- If symptoms get worse or do not ease, medical advice will be sought.
- If you suspect a member of staff or pupil has become seriously ill, call an ambulance. While waiting for the ambulance:
 - If possible, move the person somewhere cooler.
 - Increase ventilation by opening windows or using a fan.
 - Cool them down as quickly as possible by loosening their clothes, sprinkling them with cold water or wrapping them in a damp sheet.
 - If they are conscious, give them water or fruit juice to drink.
 - Do not give them aspirin or paracetamol.

Review

This policy will be reviewed bi-annually or as required in the light of new National/Local initiatives or change in practice.

M. Clanna

Chairperson

____3/11/2020____
Date

G. King

Principal

____3/11/2020____
Date