



SUN AND WEATHER POLICY

In accordance with Standard 24 NMS (2016): Safety – Children are cared for and have their needs met in a safe environment.

Sun

Short periods of exposure to the sun are important for the health of children and adults. It promotes the production of Vitamin D, absorption of calcium and bone development. Sunlight also stimulates the pineal gland in the brain with beneficial effects to health.

Protective measures for children when in the sun

Happitots and Tinytots seek to protect children from excessive exposure to the sun through education and through protective rules.

Children are taught (as appropriate to their age and understanding) about:

1. The danger of exposure to the sun including headache, dehydration, sunstroke, sunburn, and skin cancer.
2. Practical measures to protect themselves from such risks including bringing and applying long-lasting high blocking suncreams, wearing of sunhats, likely safe time out in the sun, use of shade and coming out of the sun periodically, and drinking more water to avoid dehydration.
3. The danger of looking directly at the sun.

Children are also taught to be *SunSmart* in special sessions during Healthy Schools' weeks.

Sun cream: When appropriate, the Setting advises parents/carers to apply long-lasting sun cream to their child **before** delivery to the setting. There should be no reason to reapply sun cream during the session.

Sunhats: The Setting advises parents/carers that they must provide their child with a sunhat (covering ears, face, and neck) to bring into the setting and staff may (depending on the weather) insist on the child wearing the hat if going outside.

Protection against adverse weather in general

The weather, whether rain, wind, snow, or fog, as an element of the natural environment can contribute to children's learning and children who go outside in all weathers are usually more robust (*see Foundation Phase Outdoor Learning Handbook*).

In planning and delivering outside learning activities and trips, staff will:

1. Balance the benefits of the proposed activity against their general duty, so far as reasonably practicable, to preserve the health and safety of participating staff and children.
2. Assess the clothing and equipment which staff and children are likely to need, bearing in mind the current and forecast weather conditions.

If clothing or equipment supplied for a child appears inadequate for an activity, staff will report to the Setting Leader who will decide whether appropriate equipment can be supplied, will contact the child's parents and carers, and will decide if the child should be permitted to take part in the proposed outdoor activity and, if not, what alternative will be put in place.

The trees in the Forest School area provide opportunities for additional outdoor activity with shade and protection from the weather (whether sunny, wet, or cold) and staff will make use of these areas in planning and delivering outdoor activities.

Equality: In applying this policy, staff will pay particular attention to the needs of children with additional needs where mobility may be an issue, or children from other protected groups as per our Equal Opportunities Policy and it is the duty of the Setting to offer alternative activities if appropriate.

If the Setting becomes aware that a pupil is suffering from excessive exposure to adverse weather out of school hours, it may be obliged to treat this as a Child Protection issue. Please see our Child Protection Policy.

Please refer also to The Child Minding and Day Care (Wales) Regulations 2010 (Regulation 25) and the Wales Pre-School Providers Association Policies and Procedures.

Signed: Wendi Terry (Responsible Individual)

Date: November 2023

Review date: November 2024