

Sun Safety Guidance Notes for Pre-Schools and Nurseries in Stockport

Stockport Council's Public Health Team is keen to work with schools to spread sun safety messages.

Did you know that?

- Over recent years skin cancer has become much more common. Rates are more than 4 times higher than they were in the late 1970s in Great Britain. Melanoma skin cancer is now the 5th most common cancer overall in the UK
- Over exposure to UV light is the main cause of skin cancer. UV light comes from the sun as well as from artificial tanning sunbeds and sunlamps.
- 86% of melanoma skin cancer cases in the UK are preventable

Your setting can play a significant role via role modelling and education. This document provides guidelines and resources you may want to use with Parents/Carers and children.

- Provide information for Parents/Carers – for example the leaflet written by Public Health could be given out, or put on your website
- Encourage positive role modelling by staff, e.g. by wearing suitable clothing, hats and sunscreen
- Encourage children to wear lightweight, loose clothing that will offer protection from the sun and a hat (ideally legionnaire style or broad brimmed)
- Encouraging Parents/Carers to use a high factor sunscreen on their child at least SPF 15 and UVA 4 stars
- Allowing children to access sun free areas between 11am and 3pm
- Ensuring children have access to water during the day
- There may be cases where you have to consider making arrangements with Parents/Carers for particularly vulnerable children where the protection of the sun cream may be depleted and could leave children vulnerable to sunburn, such as sports days, forest schools, extended exposure to the sun (visits etc.) outdoor PE lessons and swimming. In such cases, arrangements should be made with Parents/Carers for the class/es affected to bring in appropriate sun cream from home clearly labelled with the child's name for the child to self-apply
- Hypersensitivity – schools should check, as part of medical conditions screening, if a child has diagnosed sensitivities with Parents/Carers how to risk asses and how both parties can address the situation

Sunscreen Guidelines Sunscreen Guidelines

- Parents/Carers should apply sunscreen before children come to school following manufacturer's guidelines.
- Parents/Carers should teach children how to properly apply their own sun cream,
- Parent/Carers should recognise that the price of sun cream is unimportant, as long as it has at least 4 stars and is SPF 15+. It can expire (bottles need to be checked for expiry dates) and so new needs to be bought every year and stored in a cool, dry place

The Current Heatwave Plan for England (Updated 2018) recommended that when the temperature is 30oC+, children should not take part in vigorous physical activity.

Looking longer term you could consider:

- Ensuring working practices aim to prevent children from getting sunburnt by encouraging them to seek shade where possible. When it's not possible they should be encouraged to wear hats, other clothing & sunscreen
- Ensuring all staff are aware of sun safe guidance and any particular medical needs that may be affected by exposure to sun
- Planning a whole school community approach to sun safety
- Developing awareness raising activities through curriculum work and displays
- Developing shaded areas in the playground
- Re-scheduling times of outdoor events from afternoon to morning
- Reviewing summertime uniform requirements to include protective clothing (long sleeves, loose clothing, hat etc).

Vitamin D

Vitamin D helps build and maintain strong bones – and we all need some sunshine to make it. So there's no need to avoid the sun altogether. Short exposures should be enough for most people (as long as they do not burn). The NHS recommends that people think about taking vitamin D supplements.

To summarise the NICE/NHS/Cancer Research UK sun safety guidelines:

- Sun screen should be at least factor 15
- And have UVA 4 stars at least
- If your shadow is shorter than you, you could burn
- Stay out of the sun between 11 and 3
- Protect skin with sunscreen, hat, sunglasses and t-shirt – sunburn should be avoided
- Reapply sunscreen often

Resources

- This clip is from Australia, it lasts 3 minutes 7 seconds and is suitable for all ages – it contains all the key sun safety messages (the only difference is they advise spending time in the shade until 4pm, we advise until 3pm) without talking about skin cancer <https://www.youtube.com/watch?v=7UWvqNegX6E>
- There is a YouTube clip done by the NHS in conjunction with Cancer Research UK that you may choose to share with Parents/Carers: <https://www.youtube.com/watch?v=4gYF0U37kr0>

If you would like any support with your sun safety campaign, if you require any resources or training then please do not hesitate to get in touch with me.

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Updated June 2018 References: NHS and Cancer Research UK