

Sun Care

We are committed to ensuring that all children and young people are fully protected from the dangers of too much sun/UV rays. Some research suggests that severe sunburn in childhood can lead to the development of malignant melanoma (the most dangerous type of skin cancer) in later life.

- We DO NOT provide sun cream and therefore request that parents decide and agree on suitable precautions to protect their child from burning, including more sensitive or tolerant skin types.
- Parents must provide the sun cream for their child and ensure they clearly label it with their child's name.
- Parents will be required to complete our medication form if staff are required to apply the sun cream. Staff must be aware of the expiry date and must not administer it if it has passed the expiry date, instead return it to the parent and request sun cream that is within date.
- Parents are responsible for ensuring their child is dressed appropriately for the weather i.e. light weight cotton clothing, sun hats etc.
- Staff will make day-to-day decisions about the length of time spent outside depending on the strength of the sun;
- Children and young people will be reminded to administer sun cream and where permission is gained from the parents, staff can support with applying the cream.
- Children and young people are encouraged to drink cooled water more frequently throughout sunny or warm days and this will be accessible both indoors and out
- Children and young people are made aware of the need for sun hats, sun cream and the need to drink more fluids during their time in the sun

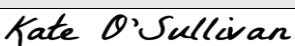
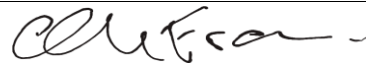
Vitamin D

Sunlight is important for the body to receive vitamin D. We need vitamin D to help the body absorb calcium and phosphate from our diet. These minerals are important for healthy bones, teeth and muscles.

Our body creates vitamin D from direct sunlight on our skin when we are outdoors. Most people can make enough vitamin D from being out in the sun daily for short periods with their hands or other body parts uncovered. Sun cream will stop the ultraviolet B (UVB) rays from reaching your skin, so part of your body should be uncovered and not have sun cream on. It is the parents' responsibility to find the right balance with protecting their child from sunburn as well as allowing the skin to access the sun for the vitamin D benefits, e.g. hands could be left without sun cream.

Parents can express their wishes on the medication form or in the registration form regarding the use of sun cream.

This policy was adopted on 13.10.2025 and will be reviewed on or before 13.10.2026

Name and Position	Signed	Date
Kate O'Sullivan Community Association Manager		13.10.2025
Olive Frances Vice Chair of Trustees		13.10.2025