



## SUNSMART POLICY

At Colourbox Montessori Nursery we want staff, students and children to enjoy the sun safely. We will work with staff, students and parents to achieve this through the following:

### **Clothing**

Parents/ carers must dress their child in suitable clothing for sunny weather, ensuring that the most sensitive areas of skin are protected e.g. shoulders, collar bones, necks, ears and ankles. Wearing lightweight and light-coloured clothing is an incredibly effective way to protect skin from the sun's rays.

Whilst children may wear shorts and t-shirts to/ from nursery and whilst indoors at Colourbox, they must also have additional clothing in their bag to change into when they go outside. This should include lightweight clothing with long sleeves and a pair of trousers, a sun hat with neck covering and socks. All children are required to wear enclosed shoes for protection. Children attending Country Club or Forest School must have all skin covered (except hands and faces) to protect them from natural elements such as nettles, ticks and brambles.

### **Sun cream**

If you wish for your child to also wear sun cream, we ask that you apply a high factor, long lasting sun cream to your child before the start of their session. For children that attend all day, parents may provide a named **sun stick** for their child to use on their face whilst at nursery. This should be handed directly to a staff member and kept at the nursery.

### **Water bottles**

During the summer term (April to August), children need to bring their own labelled water bottle containing fresh water to each session and this will be taken home daily. Water bottles are for outside use only. Within the room, children have access to drinking water and cups throughout the session and at meal times. Bottles should be clear to enable staff to monitor consumption and must only contain water; no juices, squash or medication as we need to manage children's allergies, dental health and the insects that are attracted by sugary drinks. Please ensure that bottles are washed out on a daily basis and it is suggested that they are also sterilised on a weekly basis to ensure they remain hygienic. Water bottles will be filled at nursery, and refilled during the day.

## **Timetabling**

Children's outdoor time will be managed so that they are not in direct sun when it is at its hottest. Along with the natural shade from trees, sunshades and canopies will be used to create other shaded areas.

## **Action taken during extreme heat**

Windows will be covered where possible to stop the sun's rays shining directly in to the building

Wet rugs will be placed on the ground to help children keep cool

Children's hats will be wet to help keep children cool

Water spray bottles will be used to help cool the children

Water play will be available

Wet flannels and towels will be used to keep children cool

Staff will be trained to recognise the signs of heat exhaustion

We may serve cold lunches during periods of extreme heat

## **Severe Heat Warning**

Should a Red Heat Warning be issued by the Met Office, then we will consider closing the nursery if we feel it is necessary. This will be decided on a room-by-room basis at each nursery by the management team.

**This policy will be reviewed in April 2024**