

Cowandilla Preschool Sun Safe Policy

Australia has the highest incidence of skin cancer in the world, with skin cancers accounting for around 80% of new cancers diagnosed each year in Australia. At least two out of every three Australians will be diagnosed with skin cancer in their lifetime.

Most skin cancer and damage is the result of cumulative exposure to the sun and mainly occurs during childhood and adolescence. Children of all nationalities and skin types are susceptible, especially those with sensitive fair skin. But even children with olive complexions are not immune and can suffer skin damage as a result of prolonged exposure to the sun.

Sun protection during childhood and adolescence means a lifelong reduced risk. Remember skin cancer is preventable.

The Cancer Council SA advises people to protect their skin at times when the ultraviolet (UV) radiation is 3 or above.

Preschools are ideally placed to help reduce the incidence of skin cancer. This can be done by developing good habits and teaching children about the effects of the sun on unprotected skin and eyes.

Our policy aims to promote amongst children, staff and parents:

- Positive attitudes towards skin protection
- The development of lifestyle practices that help reduce the incidence of skin damage
- An awareness of the need for daily changes in our preschool to reduce the level of exposure to the sun when the sun is at its most intense.

Implementation

- **All children and staff to wear hats during terms 1 & 4. A warm beanie - type hat may be worn during the colder weather.**
- **Children who do not have a named hat to wear will have to remain indoors, under the verandah or in the sandpit for play.**
- **A preferred hat is one, which has a wide brim shading the face and neck, or a Legionnaire -style hat.**
- **Parents are requested to apply sunscreen prior to their child's arrival at preschool.**
- **Those children staying for a full day will be assisted to apply sunscreen before outdoor play (after lunch) by a staff member.**
- **We recommend that singlet tops and sundresses with shoe string straps are not sun safe clothing.**