



Sun Smart Policy

Rationale

Skin damage, including skin cancer, is the result of cumulative exposure to the sun and much of the damage occurs during childhood and adolescence. Research suggests that severe sunburn is a contributor to skin cancer and other forms of skin damage such as wrinkles, sunspots, blemishes and premature ageing. Most skin damage and cancer is, therefore, preventable.

Cowell Early Childhood Centre's Sun Smart Policy is in place every day throughout the year.

Aims

The aims of the Sun Smart Policy are to promote among children, staff and parents:

- Positive attitudes towards skin protection
- Lifestyle practices which can help reduce the incidence of skin cancer and number of related deaths
- Personal responsibility for decision making about skin protection
- Awareness of the need for environmental issues to reduce the level of exposure to the sun.

Implementation

Curriculum

- Incorporate sun protection and skin cancer prevention through positive centre education
- Allied Health Sun Smart Program

Behaviour

- SLIP – Children and staff will be encouraged to wear appropriate clothing with collars and sleeves (no singlets)
- SLOP – Children (with staff assistance) will apply 30+ or above sunscreen first thing in the morning and re-apply when necessary. If a child has an allergy to the centre's sunscreen we ask that families pack an alternative sunscreen.
- SLAP – Children and staff will wear a broad-brimmed or bucket hat all year round, providing protection for the face, neck and ears.

Infants

- Infants (under 12 months of age) will be kept out of direct sunlight as much as possible when the UV is above 3.

Centre Organisation

- The centre will provide appropriate broad-brimmed or bucket hats to each child enrolled at the centre
- Staff will be provided with a hat and act as role models by practising sun smart behaviour.
- Extra care is taken during peak UV radiation times and outside activities are scheduled outside of these times as possible.
- The Centre has sufficient shade structures to provide adequate sun protection.
- Sun Smart behaviours are regularly reinforced via newsletters and all new families are informed of this the policy on enrolment.

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