



"Where everyone belongs"

"Sun Smart" Behaviours and the Sun Protection Policy for EHK

PURPOSE

The aims of the Eden Hills Kindergarten Sun Protection Policy are to promote:

- Positive attitudes towards protecting our skin from the sun, and keeping hydrated during warm weather
- Lifestyle practices which help reduce the incidence of skin damage and skin cancer
- Personal responsibility for and decision making about skin protection in children
- Awareness of the need for environmental changes in our centre to reduce the level of exposure to the sun

CONTEXT

At Eden Hills Kindergarten we promote "Sun Smart" behaviours as part of our educational program.

Australia has the highest incidence of skin cancer in the world, with 2 out of 3 Australians developing some form of skin cancer before the age of 70. Sun exposure during childhood has a significant impact on a person's risk of skin cancer. Most skin damage and skin cancer is preventable using a combination of simple sun protection measures (Slip, Slop, Slap, Seek and Slide).

Early Childhood services are ideally placed to help reduce the incidence of skin cancer and the number of related deaths by encouraging all members of the service's community to use effective skin protection.

The sun emits different types of radiation including visible light that we see, infrared radiation (heat) that we feel and ultraviolet (UV) radiation that we cannot see or feel. UV radiation levels of 3 and above can cause damage to our skin. Temperature does not affect UV radiation levels, so even on cool, cloudy days, UVR levels can be high.

This Sun Protection Policy is implemented throughout the year.

Children assist educators to check the UV radiation level reading via the Bureau of Meteorology website. The anticipated UV rating is displayed on our UV chart on the inside of the door onto the verandah. When the anticipated UV rating is 3 or above, the SLIP, SLOP, SLAP, SEEK, SLIDE component of our *Sun Protection Policy* is implemented.

Clothing (SLIP on sun-protective clothing)

Parents are encouraged to dress children in clothing that minimises heat-gain during hot weather, while providing good sun protection. Children will be encouraged to wear shirts with collars and elbow-length sleeves, and longer-style shorts/skirts. Clothing that is sun-safe, in layers that can be easily removed during activity, is the most suitable.

Educators will role-model sun protective clothing, including covered necks, arms and legs.

Sunscreen (SLOP on SPF50+ or SPF30 broad spectrum, water resistant sunscreen)

Parents are asked to ensure their child applies sunscreen 20 minutes prior to attending kindergarten so it has time to absorb into the skin before morning play. Sunscreen is available at the centre if required. Sunscreen will be reapplied 20 minutes prior to going outdoors again in the afternoon. Educators will also role-model sunscreen application 20 minutes prior to going outdoors when necessary.

Hats for outside play (SLAP on a hat)

All children will be provided with an Eden Hills Kindergarten bucket hat on enrolment. The Kindergarten Educators will ensure children wear hats when they are in the Outdoor Learning Environments and when the UVR levels are 3 and above. Children not wearing an appropriate hat will be offered a spare hat or requested to be within the Indoor Learning Environments. Educators, volunteers and visitors will also wear sun protective hats during these times.

Shade (SEEK shade)

Wherever and as much as possible, all activities conducted outdoors when the UVR levels are 3 and above, and also during periods of hot weather, will be undertaken in shaded areas. The centre will continue to provide adequate sun protected and shady areas.

Sunglasses (SLIDE on sunglasses) – not mandatory

If practical, children are encouraged to wear close-fitting wraparound sunglasses that provide the best protection, Eye Protection Factor (EPF) rating of 10 is recommended. It should also meet Australian Standards AS/NZS-1067:2003 for sunglasses (category 2, 3 or 4)

Vitamin D

From August to April in South Australia, we all get enough vitamin D simply by going about their day-to-day activities. Generally only a few minutes of sun exposure to the face, arms and hands, or equivalent area of the skin is needed.

Please visit Cancer Council SA's website for information about vitamin D via <https://www.cancersa.org.au/information/a-z-index/vitamin-d> or call 13 11 20.

If you are concerned about your child's vitamin D levels, it is best that you speak with your General Practitioner.

Being "Sun Smart" when the UVR levels are below 3.

SunSmart during the winter months (May-July) when the UVR levels are often below 3, equates to not needing to wear a hat, or apply sunscreen or seek shade. Our bodies need to have a few hours per week of cumulative sunlight exposure to ensure we get enough vitamin D, vital for the development and maintenance of strong, healthy bones.

Other information

Extra care will be taken during the peak UV radiation times (across the middle of the day) and outdoor experiences will be scheduled outside of these times where possible.

Age-appropriate information on skin protection will be included in children's programming.

Visitors, parents and families are encouraged to role model "Sun Smart" behaviours at the centre.

"Sun Smart" behaviour is regularly reinforced and promoted to the whole community via newsletters, bulletin boards and all new families and staff are informed of the policy.

The skin protection policy will be reviewed regularly (at least every 3 years) to ensure the policy remains current and relevant.

Extreme Hot Weather

Children will be kept inside or on the verandah during extremely hot weather and they will be encouraged to play quietly to avoid overheating. Please refer to our Bushfire Policy for more information about high fire danger days.

Wherever and as much as possible, all activities during periods of extremely hot weather, will be undertaken in shaded areas or within our Indoor Learning Areas to reduce heat exhaustion and heat stress.

Drinks

Families are asked to provide their child with water in a named bottle each time they attend kindergarten. Drinking water will be provided to children who do not have a water bottle. We will also refill empty bottles. Children will be reminded to drink water

throughout the day, particularly during periods of hot weather to prevent dehydration and overheating.

Lunches

Eden Hills Kindergarten has 2 refrigerators on the verandah where children store their food and drink during the day.

References

Eden Hills Kindergarten Skin Protection Policy June 2015

Cancer Council SA - "Be Sun Smart: Play Sun Smart" 2011

SunSmart <https://www.cancersa.org.au/cut-my-risk/sunsmart/early-childhood-centres>

Reviewed November 2016

Ratified by Governing Council

Next date for review September 2019