



MICHELLE DeGARIS MEMORIAL KINDERGARTEN

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MICHELLE DEGARIS MEMORIAL KINDERGARTEN **SKIN PROTECTION PROCEDURE**

Reason for Michelle DeGaris Memorial Kindergarten introducing a skin protection procedure:

Australia is the skin cancer capital of the world and at least two in three Australia's will be diagnosed with skin cancer before the age of 70. As sun exposure during the first ten years of life has a significant impact on the likelihood of developing skin cancer later in life, we feel a need to promote the awareness of skin protection in the families who utilize our centre. We believe it important to educate children at a young age on skin protection and the damage the ultraviolet rays can do, as children's skin is very delicate and susceptible to damage from the sun, which lasts a lifetime.

Sunlight is also the main source of vitamin D and so we provide education regarding the value of Vitamin D which is vital for the development and maintenance of strong, healthy bones.

We also believe a positive attitude to skin protection awareness is a good building block for the children's future, and provide a curriculum basis to the implications on our health if we do not undertake skin protection practices.

Aims

The aims of the Michelle DeGaris Memorial Kindergarten skin protection procedure are:

- to promote skin protection awareness in the children, parents and staff of our centre.
- to promote a positive attitude and personal responsibility toward skin protection
- to show how changing our lifestyle and protecting our skin can help reduce the incidence of skin cancer.

Implementing the Michelle DeGaris Memorial Kindergarten Skin Protection Procedure.

This procedure will be implemented for the whole of the year, and particularly enforced for the period between August 1st and April 30th and when ultraviolet radiation (UVR) level is 3 and above every day, and at other times of the year when the UV is 3 or above, to ensure that all users of our centre are protected from harmful ultraviolet rays and subsequent skin damage.

Children, staff, parents and visitors of the Michelle DeGaris Memorial Kindergarten will be encouraged to follow these skin protection rules. SunSmart information is to be in the Centre Handbook, on our website and in the Site Induction Manual.

1. To wear sun safe clothing to protect the skin:

- a.** Broad brimmed or legionnaire style hats are to be packed in children's bags all year round. These will be worn at all times for outdoor activities all year round. At the discretion of staff outside Term 1, 3 and 4, hats may be removed to receive available vitamin D from the sunlight.

Children not wearing a hat will be restricted to indoor activities or borrow a Centre hat.

- b.** Parents will be encouraged to dress children in collared shirts with at least elbow length sleeves, and knee length shorts or skirts.

- 2.** Parents will be requested to apply a broad spectrum, water resistant SPF 30+ sunscreen to their children before bringing them to their session. If not, Centre staff will apply sunscreen 20 minutes prior to outdoor play. Staff will reapply sunscreen at lunchtime, 20 minutes prior to outdoor play to all children and staff.
- 3.** Outdoor activities will be restricted to the shaded areas of the centre to avoid direct sunlight, especially between the hours of 11am and 3pm and extra care will be taken when the UV during peak UV times. The shade of trees will be utilized for water activities, outdoor painting and games, and children will be encouraged to play in the covered sandpit area.
- 4.** Staff and parents will be encouraged to be role models to help introduce and promote SunSmart behaviour to the children to support the skin protection policy by wearing sun protective clothing, hats and applying sunscreen 20 minutes prior to going outdoors.

5. The Michelle DeGaris Memorial Kindergarten Sun Protection procedure will be evaluated on an ongoing and regular (at least every three years) basis so that it remains current and relevant. Procedure issues will be discussed by staff and parents at Governing Council meetings.
6. Incorporate sun protection and vitamin D into the learning and development programs