

North Haven Kindergarten Sun Protection Policy



Rationale

"Australia has the highest incidence of skin cancer in the world, with 2 out of 3 people developing some form of skin cancer in their life time." Cancer Council Australia

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure in the first ten years of life is a major factor in determining future skin cancer risks.

Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles and for general health. The Cancer Council recommends sun protection is used during terms 1, 3 and 4 (August until the end of April) and whenever the UV radiation levels reach 3 or above at other times.

Objectives

This SunSmart Policy has been developed to:-

- Encourage children and staff to use a combination of sun protection during terms 1, 3 and 4 (August until the end of April) and whenever the UV radiation levels reach 3 or above at other times.
- Work towards a safe outdoor environment that provides shade for children and staff at wherever possible and appropriate times.
- Ensure all children and staff have some UV radiation exposure for vitamin D.
- Assist children to be responsible for their own sun protection.
- Ensure families and new staff are informed of the centre's SunSmart Policy.

Policy

The staff of North Haven Kindergarten aim to promote positive attitudes towards skin protection and promote lifestyle practices that help reduce the incidence of skin damage.

Staff and parents are encouraged to access the SunSmart UV Alert at www.bom.gov.au/sa/uv to find out daily local sun protection times to assist with the implementation of this policy.

We use a combination of sun protection measures for all outdoor activities during terms 1, 3 and 4 (August until the end of April) and whenever UV radiation levels reach 3 and above at other times. Extra care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these time where possible to ensure all students and staff are protected from skin damage caused by harmful UV rays. Our strategies are:

- The children and staff will wear a broad brimmed hat, whenever they are involved in outside activities. Children not wearing a hat will be expected to play indoors. Parents are given a broad brimmed hat when enrolling their child and must take responsibility for ensuring their child brings their hat to kindy each day and that the hat is kept clean.
- Parents need to apply sunscreen to their children prior to them attending kindergarten.

- The Staff will apply sunscreen to the children and themselves at lunchtime in terms 1, and 4 and if the UV is over level 3. Staff must be informed during enrolment if a child is allergic to a particular brand of sunscreen; parents will then need to supply an appropriate alternative.
- Outdoor activities will be placed in the shade where possible.
- SPF 30 or higher, broad spectrum and water resistant sunscreen is available for staff and children's use.
- Staff will use their discretion when planning outdoor activities during the times 10 am – 3 pm.
- We have large areas which are shaded naturally and with man-made structures. We will continue to review this situation and we will create additional shaded areas with plantings if needed and ensure our current structures are well maintained.
- Staff and children can wear protective eye wear as they see fit when outdoors.
- Staff and children are asked to wear sun-smart clothing i.e. shoulders need to be covered.
- We will incorporate sun and skin awareness into our curriculum including new information and resources from the Cancer Council.
- Children and staff are encouraged to wear close fitting, wraparound sunglasses that meet the Australian Standard AS/NZS 1067:2003 (Sunglasses: lens category 2, 3 or 4) and cover as much of the eye area as possible.

When enrolling their child, families are:

- Informed of the centre's SunSmart policy.
- Asked to provide their child with suitable outdoor clothing that is cool and covers as much skin as possible (i.e. covering the shoulders, chest, upper arms and legs).
- Asked to provide SPF30 or higher, broad spectrum, water resistant sunscreen for their child.
- Required to give permission for staff to apply sunscreen to their child.
- Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, shade, sunglasses and sunscreen) when attending the centre.
- Staff and children to wear sunscreen SPF 30 or higher.

Education

The Kindergarten will ensure sun protection and vitamin D are incorporated into the learning and development program where possible and the SunSmart policy is reinforced through staff and children's activities and displays. Where possible staff will provide families with information on sun protection and vitamin D through family newsletters, noticeboards and the centre's website.

The centre remains open in extreme weather conditions as it is air conditioned and heated.

Date Ratified by Governing Council:	11 September 2017	Date to be Reviewed:	17 October 2018
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