

Skin Protection and Hot Weather Policy

Rationale:

St Philip's Preschool Kindergarten promotes skin protection. Australia has the highest incidence of skin cancer in the world and skin damage is the result of cumulative exposure to the sun. The Cancer Council of SA recommends that hats are to be worn in term one and term four.

It is important to balance sun protection with safe sun exposure for the production of Vitamin D for bone growth and development. During June to September sun protection for most people is not necessary. Children will not be required to wear their hats in terms two and three.

Hot Weather- Children are susceptible to heat illness and measures can be followed to reduce the incidence of heat related illness. This Policy is in line with ACECQA regulations (NQS) and Department for Education Policy.

The Preschool believes it is important to promote among children, staff and parents:

- Positive attitudes towards skin protection
- Lifestyle practices that can help reduce the incidence of skin cancer and the number of related deaths
- Personal responsibility for and decision making about skin protection and health during hot weather.

It is an expectation that all staff, students and parents of St Philip's Preschool Kindergarten will use the following Skin Protection and Hot Weather strategies:

- Outdoor activities will be scheduled in shaded areas of the service at high UV times.
- Appropriate clothing to protect skin includes wearing a hat whenever involved in outdoor activities. Children not wearing a hat will be expected to stay under the verandas or indoors.
- A broad spectrum, water resistant sunscreen with an SPF of 30+ will be applied at home prior to attendance on high UV days. A broad spectrum sunscreen will be reapplied after lunch by the staff. Families can supply their own – handed to staff. If none is supplied then the kindergarten will apply a broad spectrum, low irritant sunscreen.
- Children are to be offered water or fluids frequently and they have access to water at all times.
- Parents are expected to provide lunch that can be cooled by a freezer brick and the preschool will store food in a cool dry area.
- Staff members are to ensure their own health and safety during times of high temperature and practices are paramount.
- The service provides a safe and comfortable environment for all children at all times that ensures adequate heating and cooling is provided for children.
- In the event of inadequate provision of cooling (breakdown of air-conditioning) when temperature is above 36 degrees, children's families will be contacted to collect children early, and remaining children will be supervised with water cooling activities until time of collection.
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The staff at St Philip's Preschool Kindergarten will reinforce the Sun safe message and heat illness awareness through role modelling and including appropriate teaching activities, in line with the EYLF Learning Outcome "CHILDREN HAVE A STRONG SENSE OF WELLBEING - Shows increasing independence and competence in personal hygiene, care and safety."

- Learning activities are set up in shaded areas and during very hot weather play will occur inside for the majority of the day.
- Staff will be encouraged to keep up to date with new information and resources from the Cancer Council SA and health authorities.
- The Governing Council is committed to the provision of adequate shade and annually reviews the outside area.

***This Policy** will be shared with all new staff and families, and available to view in the Preschool Policies Booklet and on the Preschool Website.*

***Enrolled families** will be asked to confirm they have read and understand this Policy by signing the Information & Consents Form at the time of enrolment.*

Review Date: March 2021

Revision Dates: March 2018, March 2017, March 2016

Endorsed and Ratified by:

Director: Maggie Slattery

Governing Council: Natalie Worthington-Eyre