

## BAINS ROAD PRESCHOOL SUN SMART POLICY

Updated 11/02/13

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### RATIONALE

Australia has the highest incidence rate of skin cancer in the world with two out of three Australians developing a form of skin cancer during their lifetime.

There are four factors, often occurring simultaneously, which contribute to these statistics:

- The population is predominantly fair skinned.
- Ultraviolet light from the sun is of sufficient intensity to induce skin cancer in this susceptible population.
- For most of this century, social values have supported the belief that a suntan is healthy and attractive.
- Lifestyle, work, school and recreational habits expose people to the sun for long periods.

Skin damage, including skin cancer is the result of cumulative exposure to the sun. 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 aging. Most skin damage and skin cancer is therefore preventable.

Our Preschool is ideally placed to help reduce the incidence of skin cancer and the related number of related deaths by encouraging children, staff and parents to use effective skin protection measures.

### AIMS

The aim of our Centre's Sun Smart Policy is to:

- Provide information and strategies for staff, children and parents to have a positive attitude toward skin protection.
- Create improved lifestyle practices to help reduce skin cancer.
- Encourage awareness for environmental changes in our preschool to reduce the level of exposure to the sun.

### STRATEGIES

Staff, children and parents will be encouraged to:

- Wear suitable tops/t-shirts that covers shoulders.
- Wear suitable hats outside and protective clothing between January to April and September-December.
- Hats to provide protection to face, neck and ears. Legionnaires hats are wide brimmed hats are required.
- Children who do not have hats will play in areas protected from the sun e.g. verandah, or inside. **No hat, No outside play** between January-April and September-December.
- Staff will set up activities in shaded areas on sunny days especially between January-April and September-December.
- Staff to include sun safe practices in the curriculum to educate children on their own safety in the sun.
- Staff will act as role models by:
  1. Wearing appropriate hats
  2. Using sun screen for protection
  3. Children will be encouraged to regular drinks of water

This centre will not close on days of extreme heat, (38 degrees or more), however parents are encouraged to take precautions with young children travelling in the heat. Parents of the children who attend afternoon sessions may use their discretion to determine whether children attend or are collected early on days of extreme heat.