



BAINS ROAD PRESCHOOL
SUN SMART and HOT WEATHER POLICY
REVIEWED 02.2.17

RATIONALE

Australia has the high incident 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 when UV levels are 3 and above.
- 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 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.
- The Centre has large areas of shade and is committed to continually upgrading the outdoor play area. Two new shade structures have recently been added.

STRATEGIES

From 1st September - 30th April and any other time UV is 3 and above, staff, children and parents will:

- Wear suitable tops/t-shirts that covers shoulders.

- Wear hats that provide protection to face, neck and ears. Legionnaire hats or wide brimmed hats are required.
 - Children who do not have hats or non-sun protective clothing (singlets tops/dresses) 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 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. Wear sun protective clothing
 4. Children will be encouraged to drink water throughout the day.
 - When the UV level is below 3, children and staff will be encouraged to remove hats when outdoors to allow safe UV exposure for vitamin D production.
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- Parents are asked to provide a named water bottle for their child each day.
 - We have large shaded play areas and children will be encouraged to use available areas of shade for outdoor play during 10.00 a.m. and 3.00 p.m.
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- On days of a temperature over 36 degrees or at discretion of the director children will be required to play indoors in the air conditioning.
 - Parents are asked to apply sunscreen to their children at the beginning of the day and send their children in clothing that covers their neck and shoulders.
 - After lunch the children will be supervised while they apply their own sunscreen. **Please provide a named roll on tube for your child. This is to be kept in your child's bag and please let a staff member know that the sunscreen is there.**
 - Parents are encouraged to pack food in insulated containers with a freezer brick or frozen water. Lunches will be kept separate from children's morning snack indoors in the air conditioning.
 - Parents are encouraged to dress children in clothing that minimizes heat gain on hot days.