



## **Thorndon Park Kindergarten**

### **SKIN PROTECTION POLICY**

Australia has the highest incidence of skin cancer in the world. Sun exposure in the first ten years of life determines, to a substantial degree, the likelihood of skin cancer developing later in life.

Cancer Council SA advises people to protect their skin at times when the ultraviolet (UV) radiation level is 3 and above—this is when it is strong enough to cause damage to unprotected skin. For much of South Australia, UV radiation levels are 3 and above every day from September to April—it is during these months that sun protection is necessary.

It is important to balance sun protection with safe sun exposure for the production of vitamin D for bone growth and development. During May to August, at times when the UV radiation level is below 3, sun protection for most people is not necessary.

#### **Aims**

At Thorndon Park Kindergarten we believe 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.

## **Implementation**

This policy is for implementation from 1 September to 30 April. Outside of this time, children and staff will check the Bureau of Meteorology website daily, noting the projected UV rating and printing out the Daily Ultra Violet Graph. While the graph remains Green during timetabled outdoor play times, the skin protection policy will not apply and hats will not be required during outdoor play.

## **Skin Protection Policy**

It is an expectation that all staff, students and parents of Thorndon Park Kindergarten will use the following skin protection strategies:

### **Wear appropriate clothing that protects the skin.**

Children, staff and parents will be expected to wear a broad brimmed hat, legionnaire style hat, or a bucket hat whenever they are involved in outside activities. Children not wearing an appropriate hat will be expected to play in the shade or indoors.

Children will be encouraged to wear tops with short sleeves and high neckline to provide maximum skin coverage.

### **Apply a broad-spectrum, water resistant sunscreen with an SPF of 30+**

Parents will be encouraged to apply sunscreen to their children in the morning prior to commencing kindergarten.

The kindergarten will purchase sunscreen that will be used for children staying at kindergarten all day. During Terms 1 and 4, Staff will assist children at the conclusion of the lunch/relaxation time to re-apply their sunscreen. A sunscreen permission form will be completed by parents as part of the enrolment process and special arrangements will be made for children with allergies to sunscreen.

The kindergarten will endeavour to ensure that the sunscreen purchased is free of nanoparticles.

### **Outdoor activities will take place in shaded areas of the kindergarten during times of high UV radiation.**

Regular reviews of the outdoor area will take place, and tree planting or the erection of shade structures will be planned to ensure adequate shade is available.

## **The Curriculum**

The staff of Thorndon Park Kindergarten will reinforce the Sunsafe message through role modelling and the inclusion of appropriate teaching activities. The staff will be encouraged to keep up to date with new information and resources from Cancer Council SA and health authorities.

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