



## Thorndon Park Kindergarten

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### Sun Safe and Hot Weather Policy

#### Rationale

Australia has the highest incidence of skin cancer in the world with two out of every three people developing some form of skin cancer.

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

Preschools are ideally placed to help reduce the incidence of skin cancer by the promotion of safe practices and choices regarding exposure to UV sunrays.

The Cancer Council recommends that sun protection is required during warmer months (coinciding with terms 1, 3 and 4), therefore hats will need to be worn at kindergarten during this time and sunscreen administered. During term two, children will be required to wear hats and administer sunscreen, when the UV rating is three or above, as per Cancer Council recommendations. To help support children in understanding UV and hat requirements during term two, we will incorporate using the Cancer Council SunSmart Widget to check the UV, as a part of our morning routine.

In accordance with Quality Area 2: Children's Health and Safety, 2.1 Health and 2.2 safety.

#### DOCUMENT CONTROL

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**Managed by:**

Thorndon Park Kindergarten

**Approved by:**

Governing Council

**Review Date:** May 2018

**Next Review:** May 2020

Ratified by Governing Council on May 7<sup>th</sup> May, 2018.

## 1. TITLE

Sun Safe and Hot Weather Policy

## 2. PURPOSE

The SunSmart Early Childhood Program was set up by the state based Cancer Councils to help early childhood educators and care providers devise and implement sun safe policies, procedures and practises. The program can also help early childhood educators and child care providers bring out-of-date sun protection policies up-to-date with current recommendations.

## 3. SCOPE

The SunSmart Program was designed for all child care providers including family day carers, long day care centres, occasional care centres, preschools, work based services and mobile services and hundreds of providers across the country have already signed up.

## 4. OBJECTIVES

1. To ensure that all children, staff and families are protected from skin damage caused by harmful Ultra Violet Sunrays (UVR)
2. To raise awareness and promote positive attitudes towards skin protection with children, staff and children.
3. To promote lifestyle practices that help reduce the incidence of skin damage.
4. To ensure staff practices consider weather conditions when setting up learning spaces and modifying programmes.
5. To promote personal responsibility and decision making about skin protection.

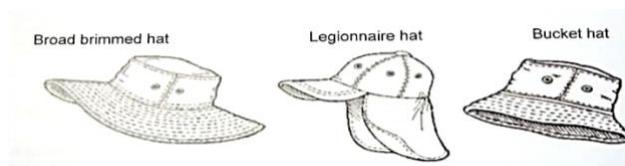
## 5. POLICY DETAILS

### 5.1. Strategies for minimising heat related stress and UV exposure during hot weather.

1. Educators will monitor and gauge the outside temperature and bring the children, and themselves into an air-conditioned building when the outdoor temperature is above 36 degrees and the conditions are extreme.
2. Parents will be advised on very hot days that children may be collected early- as for their local School Hot Weather Policy.
3. Children are encouraged to drink water even more regularly during the session.
4. Children will have access to shaded areas (as much as possible). The kindergarten will provide and maintain adequate shade for outdoor play.

### 5.2 Hats and clothing.

1. All children, staff and visitors working with the children MUST wear a hat outside. A broad brimmed, legionnaire or bucket hat is required.



2. Suitable 'spare' hats will be provided by the centre, to ensure that no child is excluded from participating within the outside learning environment. They will be laundered after use.
3. Clothing is recommended to have a collar, and sleeves. Reminders will be given to parents when children arrive in unsuitable attire i.e. tank tops, sleeveless dresses. Suitable clothing is available for children to borrow on these occasions to ensure participation in the program.

### **5.3 Sunscreen (SPF 30+).**

1. All parents are advised and encouraged to apply sunscreen to their child prior to attendance. It will be assumed that this has occurred.
2. SPF 30+ broad spectrum, water resistant sunscreen will be provided for the children as part of their daily routine, prior to going outside in the afternoon (during terms 1,3 and 4 and when the UV is 3 or above, during term 2).
3. Preschool children will be encouraged to apply their own sunscreen with adult supervision to ensure that they are suitably protected.
4. On enrolment parents will be advised of the sun protection policy and guidelines. Through receiving this information, they are allowing staff to assist children with applying sunscreen as needed. Should a parent not agree to this, or the child needing their own sunscreen, it is the responsibility of the parents to inform staff in writing on their preschool enrolment form and to include any related health care plans (if applicable).

### **5.4 Water Consumption**

Children are asked to be provided with a water bottle every day and staff will consistently remind children to have drinks of water throughout their play and through our routine (sitting outside on the mat, after snack, during lunch). Alternatively, filtered water is always available at kindergarten for the children's use, through the offer of a cup and to fill water bottles up.

### **5.5 Hot Weather**

Educators will monitor and gauge the outside temperature and bring the children, and themselves into an air-conditioned building when the outdoor temperature is above 36 degrees and the conditions are extreme. Educators may adjust the program to allow for further calming and relaxing activities, to support children in cooling themselves down.

### **5.6 Education and Information**

Sun protection is regularly incorporated into learning programs. Sun protection will be promoted to staff, families and visitors. Further information is available from the Cancer Council website: [www.cancercouncil.com.au/sunsmart](http://www.cancercouncil.com.au/sunsmart).

The Sun Safe policy, updates and requirements (including hat, clothing and sunscreen) are communicated to staff, families and visitors through newsletters and parent information book.

On enrolment of their children, parents will be:

- Informed of the sun safe policy
- Requested to apply sunscreen prior to arrival at kindergarten
- Provide a hat during terms 1,2,3 and 4.
- Requested to clothe their children in tops as recommended by the Cancer Council SA (see hats and clothing)
- Encouraged to practice safe sun safe behaviours themselves as positive role models for their children.

## 6. MONITORING, EVALUATION AND REVIEW

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<b>Oversight:</b>	Director of Thorndon Park Kindergarten
<b>Implementation:</b>	All Educators
<b>Monitoring:</b>	Thorndon Park Kindergarten Educators

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Policy Implementation – 2012. Updated: 2015, 2018.

Current Policy Ratified - May 2018