



Le Fevre Kindergarten Sunsmart Policy Statement.

Rationale.

A balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Sun exposure in the first 10 years of life is a major factor in determining future skin cancer risk. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

Objectives.

This SunSmart Policy has been developed to:

- Ensure all children and staff have some UV exposure for vitamin D
- Encourage children and staff to use a combination of sun protection measures whenever UV index levels reach 3 and above
- Work towards a safe outdoor environment that provides shade for children and staff at appropriate times.
- Assist children to be responsible for their own sun protection.
- Ensure that families and new staff are informed of the service's SunSmart measures.

Staff will find out daily sun protection times to assist with the implementation of this policy and display it on the noticeboard.

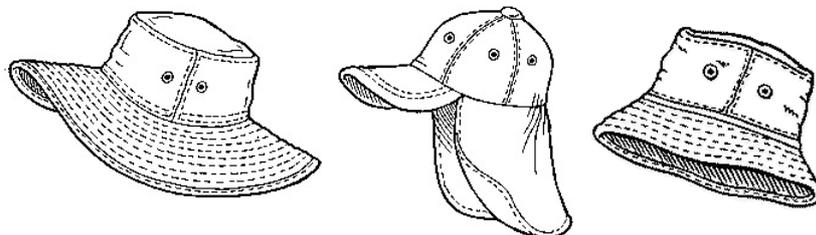
We use a combination of sun protection measures for all outdoor activities during terms 1,3 & 4 or from the beginning of August to the end of April. Depending on centre activities, UV levels should also be monitored during the month of May and sun protection recommended on those days when UV is 3 or above. Staff are encouraged to check the daily SunSmart UV Alert via www.bom.gov.au/sa/uv or via the SunSmart Victoria app for smart phones.

Hats.

- All children are required to wear hats that protect their face, neck and ears, ie. Legionnaire, broadbrimmed or bucket hats. Baseball or peak caps are not considered a suitable alternative.

Hats, clearly labeled, need to be brought to kindergarten every day so they can be worn from September to the end of April and whenever UV levels reach 3 and above, the level that can damage skin and eyes

Children who do not have an appropriate hat will be directed to play under the verandah.



Shade.

- Management makes sure there is a sufficient number of shelters and trees providing shade in the outdoor area.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- Children are encouraged to use available areas of shade when outside.
- Children who do not have appropriate hats or outdoor clothing are asked to play in a suitable area protected from the sun.

Clothing.

- When outside, children are required to wear loose fitting clothing that covers as much skin as possible. Tops with elbow length sleeves, and if possible, collars and knee length or longer style shorts and skirts are best. If a child is wearing a singlet top or dress they wear a t-shirt over the top before doing outdoors.

Sunglasses. (Optional)

- Children and staff are encouraged to wear close fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses:Category 2,3,or 4) and cover as much of the eye area as possible.

Sunscreen

- SPF 30+ broad spectrum, water resistant sunscreen is used for children who stay all day. We use Coles Brand sunscreen. Please supply your own sunscreen if your child is allergic to this brand
- Sunscreen is applied 15-20 min before going outdoors and reapplied every 2 hours when outdoors, or as according to instructions on the bottle.
- Signed parent consent is required before applying sunscreen. Parental consent forms are included in the enrolment package.
- Children are encouraged to apply sunscreen under supervision of staff.

Staff Role Modelling.

When the UV is 3 and above staff:

- Wear sun protective hats, clothing and sunglasses (optional) when outside.
- Apply SPF 30- broad spectrum, water resistant sunscreen
- Seek shade whenever possible.

Families and visitors are requested to use a combination of sun protection measures (sun protective clothing and hats, shade, sunglasses and sunscreen) when attending the service.

Families are:

- Informed of the centre's SunSmart policy
- Asked to provide a suitable hat for their child
- Asked to provide their child with suitable outdoor clothing that is cool and covers as much skin as possible (ie that covers the shoulders and chest, upper arms and legs.
- Apply SPF30+ broad spectrum, water resistant sunscreen to their child prior to them attending.
- Required to give permission for staff to apply sunscreen to their child
- Encouraged to practice SunSmart behaviours themselves them at the centre.

Planned experiences

- Sun protection and vitamin D are incorporated into the learning program and curriculum
- The SunSmart policy is reinforced through staff and children's activities and displays
- Staff and families are provided with information of sun protection and vitamin through newsletters, noticeboards and the website.

Review.

- Management and staff monitor and review the effectiveness of the SunSmart policy and revise the policy when required (at least once every three years)

Policy Implementation – January 2014

Policy review – January 2017

Reference. SunSmart update March 2016. www.sunsmart.com.au

Relevant documents include:

- Children's Services Regulations (2009):Section 97 Outdoor space (1c)
- National Early Years Learning Framework
- Child Wellbeing and Safety Act 2005 (Vic) (Part 2: Principles for children)
- Victorian Early Years Learning and Development Framework.
- National Quality Standard for Early Childhood Education & Care & School age care (Quality area 2)
- Cancer Council SA.