

Elizabeth Vale Preschool Sun Smart Policy and Procedures



National Quality Standard 2.3.2 - Every reasonable precaution is taken to protect children from harm and any hazard likely to cause injury.

Regulation 168(2)(a) - Policies and procedures are required in relation to health and safety, including matters relating to sun protection.

Education and Care Services National Regulations Children (Education and Care Services) National Law SA:

113 - Outdoor space natural environment

114 - Outdoor space shade

168 - Education and care service must have policies and procedures

Rationale.

Elizabeth Vale Preschool is SunSmart. We acknowledge that too much sun can cause sunburn, skin damage, eye damage and skin cancer. Australia has one of the highest rates of skin cancer in the world. Overexposure to UV during childhood and adolescence is a major cause of skin cancer. We also acknowledge that too little sun can lead to low vitamin D levels that are needed to regulate calcium levels in the blood. Vitamin D is necessary for the development of healthy teeth, bones, and muscles. We need to ensure a healthy balance between UV exposure and UV protection We acknowledge that skin should be protected when the UV level is 3 and above, that is from the beginning of August to the end of April and at any other time that the UV reaches 3 and above. During the months of May to July sun protection is not needed when the UV level is below 3.

1.0 TITLE

Elizabeth Vale Preschool Sun Smart Policy and Procedures

2.0 PURPOSE

- To increase the school's community awareness of skin cancer and the importance of skin protection.
- To increase the school's community awareness of the importance of a healthy balance between UV exposure and UV protection.
- To encourage the use of a combination of protection strategies which will lower the risk of skin damage and skin cancer
- Encourage children's personal responsibility for and decision making about skin protection.
- Increase awareness of the need for environmental changes in our school to reduce the level of exposure to the sun.

3.0 SCOPE

The Elizabeth Vale Preschool Sun Smart Policy and Procedure applies to all children, families, staff, management and visitors accessing the Preschool.

4.0 OBJECTIVES

The Elizabeth Vale Preschool Sun Smart Policy and Procedure has been developed to:

- ensure that families and new staff are informed of the Sun Smart Policy and Procedure
- assist children to be responsible for their own sun work towards a safe outdoor environment that provides shade for children and staff at appropriate times
- encourage children and staff to use a combination of sun protection measures whenever UV Index levels reach 3 and above

- raise awareness and promote positive attitudes towards skin protection with children, staff and children
- ensure all children and staff have some UV exposure for vitamin D protection
- promote lifestyle practices that help reduce the incidence of skin damage
- ensure staff practices consider weather conditions when setting up learning spaces and modifying programmes

5.0 DETAILS

5.1. Strategies for minimising heat related stress and UV exposure during 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 high and the conditions are extreme
- Children are encouraged to drink water regularly during the session
- The deck is utilised as a play area when the weather is extreme. It provides a covered space with fans circulating overhead and instils a feeling of playing outside but without the risk of harm from the sun.

5.2 Hats and clothing:

- All children are required to have a hat available for their use every day – NO HAT, NO PLAY
- All children and staff MUST wear a hat outside every day.
- Suitable 'spare' hats will be provided by the Preschool, to ensure that no child is excluded from participating within the outside learning environment. They will be laundered after use.
- If children do not have the appropriate hat, they are required to play indoors or on the veranda
- Clothing is recommended to have sleeves. Reminders will be given to families when children arrive in unsuitable attire i.e. tank tops, sleeveless dresses.
- Hats are also required to be worn by children attending playgroup sessions when outdoors. Playgroup parents will be encouraged to provide hats that satisfy the Cancer Council of SA guidelines so as to shade the face, back of the neck and ears. Examples are broad brimmed, legionnaire or bucket style hat with a minimum of 5cm brim (a recommendation by the Cancer Council SA).

5.3 Sunscreen:

- Preschool staff will check the UV rating daily and employ the use of sunscreen where the UV rating is 3 or above.
- A supply of SPF 30+ broad spectrum water-resistant sunscreen will be kept at the preschool for use when required and be readily available for staff, parents and caregivers to use with children
- Preschool children will be encouraged to apply their own sunscreen, with adult supervision, upon arrival at preschool and after each eating time.
- On enrolment families will complete and sign the permission form to apply sunscreen for their child
- The centre will incorporate sun and skin awareness activities into programs with children
- Sunsmart behaviour is regularly reinforced and promoted to the community via information sheets, posters and newsletters
- Sunscreen will be applied at least 20 minutes before going outdoors and reapplied every 2 hours if outdoors
- Sunscreen will be stored in a cool place, out of the sun
- Staff will monitor the expiry date of sunscreen and discard when out of date

7. The Governing Council has a commitment to ensuring that we meet the Cancer Council SA Guidelines on providing adequate shade in the yard.

5.4 Staff:

- Staff will model positive skin protection behaviour by wearing suitable hats and appropriate clothing for outdoor experiences. We will encourage all visitors, volunteers and families to do the same when engaged in the outdoor preschool environment.
- Staff will set up outdoor activities in appropriately shaded areas, avoiding children being in direct sun between 10 am to 3 pm
- Staff will seek shade whenever possible during outdoor activities
- Staff will include information about the importance of skin protection in the educational program for the children. This includes regularly involving children in checking the daily UV index via the SunSmart app

- Staff will ensure and support all children to effectively apply SPF 30+ broad spectrum water-resistant sunscreen provided by the preschool 20 minutes before playing outdoors in the afternoon if the UV index is level 3 or above
- Staff will inform the parent community of aspects of skin protection

5.5 Parents and Caregivers:

- Playgroup parents will provide a hat that provides good protection to the face, ears and neck such as a broad brimmed, bucket hat with at least a 5cm brim or legionnaire style of hat for their child
- Clothe their child in protective clothing such as shirts and tops with collars and sleeves. Singlets, tank tops, shoe-string tops or tops with exposed midriff are not acceptable clothing for preschool or playgroup.
- Apply a broad spectrum, water-resistant sunscreen with an SPF of 30+ to clean dry skin 15- 20 minutes before coming to preschool (in the event that this is forgotten, parents may use sunscreen provided at the preschool)
- Be a good role model and wear a hat, sunscreen and protective clothing themselves
- Inform staff if children are allergic to sunscreen cream
- Parents are reminded that tank tops and similar clothes are not safe to be worn when the UV is 3+. Children wearing singlet tops and dresses are required to wear a shirt or t-shirt over the top before going outdoors.

5.6 Site Leaders:

- Make shade provision a priority in the preschool's forward planning i.e. plant shade trees and cover play areas and sandpit with suitable shade structures
- Encourage staff and parents to role model good Sun Smart behaviour

5.7 Education and Information:

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

6.0 MONITORING, EVALUATION AND REVIEW

Implementation: All educators.

Monitoring: Julie Murphy, Principal

Approved date: 2nd November 2021

Policy Reviewed: June 2023

Next review: June 2026

This policy has been developed in consultation with the Elizabeth Vale School Governing Council and will be shared with all new staff and families. The policy is available on the school website and in the Preschool policies folder.

Supporting documents:

Cancer Council Australia - additional information available: <http://cancer.org.au/>

