



Lucy Morice Kindergarten

...Learning Together in Friendship

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Sun Safe Policy

The aims of the Lucy Morice Kindergarten Sun Safe Policy is to promote:

- positive attitudes towards skin protection
- lifestyle practices which can help reduce the incidence of skin damage and/or diseases.
- personal responsibility for and decision making about skin protection.
- awareness of the need to reduce the level of sun exposure when the UV radiation level is 3 or above.
- the Cancer Council SA advises that sun protection is recommended in terms 1,3 and 4.

Who is affected by this policy?

- Staff
- Children
- Families

Implementation

Shade

All outdoor activities are planned to occur in shade as much as possible. The centre will provide and maintain adequate shade for outdoor play.

Hats

Staff and children are to wear sunsafe hats to protect their face, neck and ears.

Children without a sun safe hat will be re-directed to play in shaded areas outside.

A sun safe hat is one which has a broad brim covering face and ears. Please send a hat without toggles as they pose a risk of strangulation / damages to children's throats while playing on equipment.

PLEASE NOTE: Baseball caps or visors do not provide enough sun protection and therefore are not recommended.

Clothing

When outdoors, staff and children are encouraged to wear sunsafe clothing that covers as much of their skin (especially the shoulders, back and stomach) as possible.

PLEASE NOTE: Midriff, crop or singlet tops do not provide enough sun protection and therefore are not recommended.

Sunscreen

All children are expected to have a broad spectrum, water resistant, SPF 30+ sunscreen applied prior to arriving at kindergarten. Sunscreen will be re-applied at lunch time before children are able to go outside and play in terms 1 and 4.

Sunscreen is stored in a cool, dry place and the use-by-date monitored.

Water consumption

Children are asked to be provided with a water bottle every day. Alternatively water is always available at the kindergarten for the children's use. Staff will remind children to "drink" water at all times.

Role Modelling

Staff will act as role models and demonstrate sunsafe behaviour by:

- wearing a sunsafe hat (see Hats).
- wearing sunsafe clothing (see Clothing).
- applying SPF 30+ broad spectrum, water resistant sunscreen 20 minutes before going outdoors.
- using and promoting shade.

Families and visitors are encouraged to role model sunsafe behavior.

Education and Information

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

The Sunsafe policy, updates and requirements (including hat, clothing and sunscreen) are communicated to staff, families and visitors through newsletter and parent handbook.

On enrolment of their children parents will be

- informed of the sun safe policy
- requested to apply sunscreen prior to arrival at kindergarten
- requested to provide a hat during terms 1 and 4. Please provide a hat during term 3 if you wish your child to wear one
- requested to clothe their children in tops as recommend by the Cancer Council SA (see Clothing)
- encouraged to practice sunsafe behaviours themselves as positive role models for their children.

Policy Created:

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