



## 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](http://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.

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**Authorised on behalf of Governing Council:** *Laura Hartley*