



St Margaret's Kindergarten Sun Safe Policy



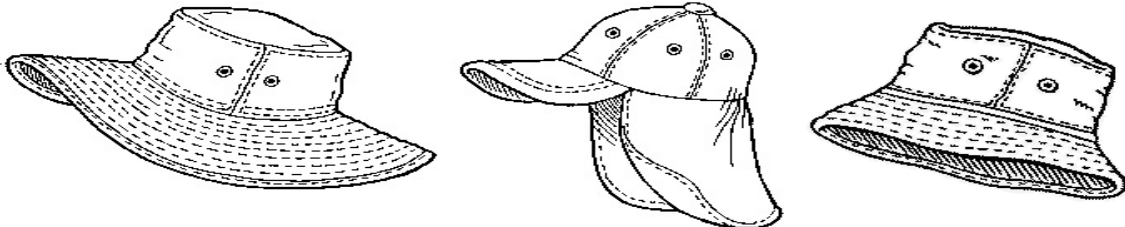
Australia has the highest incidence of skin cancer in the world with two out of every three people developing some form of skin cancer before they are 70. Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Sun exposure in the first ten years of life determines, to a substantial degree, the likelihood of skin cancer developing later in life. It is important to balance sun protection with safe sun exposure for the production of vitamin D for bone growth and development. During June to August, at times when the UV radiation level is low, sun protection for most people is not necessary. Kindergartens are ideally placed to help reduce the incidence of skin cancer by developing good habits in and an understanding of the effects of the sun by the children at the centre.

The aims of our policy are to promote amongst children, staff and parents:

- Positive attitudes towards skin protection.
- Lifestyles practices that help reduce the incidence of skin damage.
- Awareness of the need for environmental changes in our Centre to reduce the level of exposure to the sun.

IMPLEMENTATION

- All children and staff will wear hats outside all year **excluding the months of June, July and August.**
- Children without hats will need to play inside or under the verandah (please consider this can be very difficult for the children).
- Hats must be either broad brimmed, legionnaire or bucket. (baseball caps, visors, beanies and hoods are not considered appropriate sun safe hats)



- Brims on broad brimmed hats should be at least 7.5cm wide.
 - Legionnaire style hats should have a flap that meets the sides of the front peak to provide protection to the side of the face
 - A bucket hat should have a deep crown so it sits low on the head and have a brim of at least 5 cm.
- Parents are to apply sunscreen to their own children before coming to kindy. Staff will reapply sunscreen in the afternoon with the sunscreen provided by the Kindergarten. If you do not wish for your child to have sunscreen reapplied or would prefer to supply your own sunscreen, please speak to staff.
 - Outdoor activities will be located in the shaded areas when possible.
 - Staff will incorporate sun and skin awareness activities into our teaching programs.
 - Staff and children can wear protective eye wear, ie sunglasses, if they choose.
 - Children are encouraged to drink water frequently on hot days.

References: Cancer Council South Australia

www.sunsmart.org.au