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Sun Protection Policy

PURPOSE

The aims of the Eden Hills Kindergarten Sun Protection Policy are to promote:

- Positive attitudes towards protecting our skin from the sun, and keeping hydrated during warm weather
- Lifestyle practices which help reduce the incidence of skin damage and skin cancer
- Personal responsibility for and decision making about skin protection in children
- Awareness of the need for environmental changes in our centre to reduce the level of exposure to the sun

CONTEXT

At Eden Hills Kindergarten we promote sun safety as part of our educational program. We encourage parents to teach their children to be sun safe at Kindergarten as well as at home.

Australia has the highest incidence of skin cancer in the world, with 2 out of 3 Australians developing some form of skin cancer before the age of 70. Sun exposure during childhood has a significant impact on a person's risk of skin cancer. Most skin damage and skin cancer is preventable using a combination of simple sun protection measures (Slip, Slop, Slap and Seek).

Early Childhood services are ideally placed to help reduce the incidence of skin cancer and the number of related deaths by encouraging all members of the service's community to use effective skin protection.

SUN PROTECTION MEASURES (Slip, Slop, Slap and Seek)

This Sun Protection Policy is for implementation throughout the whole year. Children assist staff daily to check the internet for the UV radiation level reading. The result is displayed on our UV reading chart outside. When the reading is 3 or above it is strong enough to damage unprotected skin, and our Sun Protection Policy is implemented.

Clothing (SLIP on sun-protective clothing)

Parents are encouraged to dress children in clothing that minimises heat gain during hot weather, while providing good sun protection. Children will be encouraged to wear shirts with collars and elbow-length sleeves, and longer-style shorts/skirts. Clothing that is sun-safe, in layers that can be easily removed during activity, is the most suitable.

Sunscreen (SLOP on SPF30+ sunscreen)

Parents are asked to ensure their child applies sunscreen prior to attending kindergarten. Sunscreen is available at the centre if required, and for children who attend 2 sessions in one day, sunscreen is applied at the start of lunchtime so it has time to absorb into the skin before the next session begins.

Hats for outside play (SLAP on a hat)

All children will be provided with an Eden Hills Kindergarten hat. The Kindergarten staff will encourage children to wear hats during all outdoor play. Children not wearing an appropriate hat will be expected to play in the shade. Staff, volunteers and visitors will also wear hats when in the yard during these times.

Shade (SEEK shade)

Wherever possible activities conducted during periods of hot weather will be undertaken in shaded areas or indoors.

Drinks

Families are asked to provide their child with water in a named bottle each time they attend kindergarten. Drinking water will be provided to children who do not have a water bottle. Children will be reminded to drink water throughout the day, particularly during periods of hot weather.

Lunches

Eden Hills Kindergarten has a refrigerator on the outside verandah where children may store their food and drink during the day.

Extreme Hot Weather

Children will be kept inside or on the verandah during extremely hot weather, and they will be encouraged to play quietly to avoid overheating. Please refer to our Bushfire Policy for more information about high fire danger days.

VITAMIN D

From September to April in South Australia, most people with fair to olive skin will get enough vitamin D simply by going about their day-to-day activities. Generally only a few minutes of sun exposure to the face, arms and hands, or equivalent area of the skin is needed. SunSmart have information sheets about UV and vitamin D in English and other languages. Please visit SunSmart's vitamin D page at www.sunsmart.com.au/vitamin_d/ or call 13 11 20. If you are concerned about your child's vitamin D levels, it is best that you speak with your General Practitioner.

Being SunSmart during the Winter months

SunSmart during the winter months (May-August) where the UV is below 3 means no hats are required for outdoor activities. Our bodies need to have 2-3 hours per week of cumulative sunlight exposure to ensure we get enough vitamin D.

References

Eden Hills Kindergarten Skin Protection Policy March 2011

Cancer Council of South Australia - "Be Sun Smart: Play Sun Smart" 2011

SunSmart

(http://www.sunsmart.com.au/childcare_and_schools/in_early_childhood_services)

Reviewed 14/06/2012

Ratified by Governing Council 18/06/2012

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