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## **Sun Smart Policy**

Flinders Children's Centre and Tji Tji Wiltja recognises the importance of protecting the skin as a major strategy in the fight against skin cancer. We are particularly fortunate to have a play area that has great shade provision. Our hot weather policy is that the children are to stay inside if the temperature that day is 36 degrees or over.

### **Aims**

Flinders Children's Centre and Tji Tji Wiltja Preschool Sun smart Policy aims to promote among children, staff and parents:

- Positive attitudes towards skin protection.
- Lifestyle practises which can help reduce the incidence of skin cancer and related deaths.
- Personal responsibility for and decision making about skin protection.
- To maintain the safety and health of children in relation to the danger of exposure to the sun.
- To maintain and increase the knowledge regarding sun exposure dangers
- To prevent sunburn and over- exposure to Ultra Violet Radiation.

### **Plan/Actions:**

All members of the Flinders Children's Centre and Tji Tji Wiltja Community, (children, staff and parents) will be encouraged to use the following skin protection strategies.

#### **Sun protection measures are used for terms one and four.**

1. No hat, No Play in term one and four
2. Wear appropriate clothing which protects the skin.
  - Wear hats at all times whilst outdoors, style must cover neck, ears, and most of their face.
  - Hats must not have cords, if so the cord needs to be removed. Hat style must be legionnaire or bucket.
  - Children and staff are encouraged to wear shirts/ tops that cover shoulders.
  - Encourage families to apply SPF 30 or higher, broad spectrum, water resistant sunscreen prior to children leaving home each day.
4. During Term 2 and Term 3 children will not be expected to wear a hat.

### **Implementation**

- Staff will update information regarding danger of sun exposure through staff enrolment. Newsletters and notice boards.
- Educators to avoid children playing in direct sun by setting up activities in shaded areas.
- Educators/ staff to role model sun protective behaviours at all times: wearing a hat, covered shoulders, sunglasses and sunscreen.
- To check the UV Rating go to the website <http://www.bom.gov.au/weather/uv> or to find out what the UV level is in real time go to [www.arpana.gov.au/uvindex/realtimes/aus\\_rt.htm](http://www.arpana.gov.au/uvindex/realtimes/aus_rt.htm)

- Ask students if they want to apply sunscreen. If, for medical or other reasons a family requests not to let their child put sun screen on then the centre will obtain this in writing.
- Educators/ staff to structure outdoor play activities prior to 10:30am on days where temperatures are over 36 degrees.
- Educators/ staff to encourage children to play in shaded areas.
- Staff will explain to children regarding the need to use hats, sunscreen etc.
- Children who need to avoid outdoor play due to medical reasons will have indoor play organised for them.

#### **Learning about skin protection**

- Staff will model appropriate Sun smart strategies at all times.
- Information regarding sun protection will regularly be a newsletter item.
- Skin cancer prevention will be a part of our learning curriculum.
- Information and resources will be kept up to date through contact with the Cancer Council.

*This policy is in line with the ACECQA regulations (NQS 2.3 regulation 168 (2) a, ii and related key regulation 114 and DECD policy.*

**Created: January 2013**

**Review date: January 2019**

**Approved by Governing Council:**

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**Chairperson**

**February 2018**