



St James Park Kindergarten



www.stjamesprkgn.sa.edu.au • 19 Strathcona Avenue, Panorama 5041 • Phone 8276 5703 • Fax 8277 8680

Sun Smart Policy

At St James Park Kindergarten we acknowledge that Australia has the highest rate of skin cancer in the world and we understand that skin cancer is the result of cumulative exposure to the sun. 2 out of every 3 Australians will develop some form of skin cancer throughout their lifetime. Research suggests that 2 out of every 3 melanomas occurring in Australia could be prevented if children were protected from the sun in their first 15 years of life. Research also shows that severe sunburn contributes to skin cancer and other forms of skin damage including sunspots, blemishes and premature ageing. Further to this, most skin damage is therefore preventable. "Being SunSmart means a balance between sun protection to lower the risk of skin cancer and sun exposure for the production and maintenance of vitamin D. Current information indicates that at certain times of the year, when UV radiation is below 3, it is safe for the general population to leave hats and sunscreen off to ensure vitamin D levels are maintained." Ultraviolet Radiation (UVR) levels are highest during the hours that children attend kindergarten sessions. With this in mind, St James Park Kindergarten realises the need to protect children's skin and continually educate them and our kindergarten community about SunSmart behaviours.

Aims:

Our SunSmart Policy aims to:

- * Promote positive attitudes towards skin protection among children, staff and parents.
- * Educate our kindergarten community for lifelong learning about SunSmart lifestyle practices and promote an awareness of the need to reduce the level of exposure to the sun's harmful rays.
- * Provide an environment which supports SunSmart practices through our educational program and through the modeling of best practice.

Practices:

- * Our educators will plan, program and implement activities that will minimise the risk of sun exposure during the sun protection times from 1st August and 30th April when the UV radiation levels are 3 and above. Extra care will be taken during the peak UV radiation times and outdoor activities will be scheduled outside of these peak times where possible. We plan to use our verandah area, trees and permanent shade structures for outdoor activities. We will move outdoor experiences to capture shade throughout the day and where and when applicable erect temporary shade structures.
 - * If the weather is above 36 degrees, we will limit our time playing outdoors
 - * We will display the daily maximum U.V.R level and sun protection times on the white board in the morning.
 - * We will promote SunSmart practices through newsletters, displays, excursions and within our learning program.
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- * Each family will receive a copy of our SunSmart policy and we will include the policy in our enrolment package and staff induction package.
 - * We will supply "Cancer Council Kids Sunscreen SPF 50+" for use by educators and children.



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- * Between 1st August and 30th April and when UVR levels are 3 and above at any other time of the year, children will be supported to apply their own sunscreen to their face, neck, ears and any other exposed skin, 20 minutes before outdoor activities. This will happen at approximately 10am and 12pm in readiness for the peak UV times of the day.
- * We will ask children to apply sunscreen before washing their hands for fruit/lunch-which consistently is approx. 20mins before outdoor play time. This allows adequate time for correct sunscreen application.
- * Educators, children and parents will be encouraged to wear a SunSmart hat at all times when outside.
- * Children who require their own sunscreen due to allergies etc. will need to provide their own individual sunscreen in its original container labelled clearly with their name. This sunscreen will be stored safely at kindy and given out to children when required.
- * On the days in May to July, whenever the UVR rating is below 3, children and educators will not be required to apply sunscreen or wear a SunSmart hat. This will help maintain vitamin D levels.
- * All children and staff will be expected to wear a broad brimmed or bucket style hat when participating in all outdoor activities when the UV is 3 and above.
- * Children at St James Park Kindergarten will be supplied with a SunSmart hat at enrolment. This hat will need to be kept at kindy at all times. The cost of the hat will be included in the term 1 fees. The hats will be kept in individual, clearly named pockets and will be washed at the end of each term (more often if needed).
- * All children and staff will be expected to wear appropriate sun protective clothing. Tops with collars, covered shoulders and longer style shorts/skirts are recommended. Please do not send your child in a singlet, midriff top, shoestring strap or strapless top. Children who are not dressed appropriately for outdoor play will be asked to put on some of the kindergarten's spare clothes or asked to stay in shaded areas.

For more information please contact: Cancer Council Helpline 131120 or www.sunsmart.org.au.

This SunSmart Policy will be reviewed regularly (at least every 3 years) to ensure the policy remains current and relevant.

Updated and approved by Governing Council 8/8/23