



## **Renmark North Pre School Sun Smart Policy**

**NQS: 2.3**

**Regulation: (2) (a) (ii)**

### **Rationale**

Australia has the highest incidence of skin cancer in the world, with 1 out of every 2 people developing some form of skin cancer in their lifetime.

There are four factors, often occurring simultaneously, which contribute to these statistics:

1. The population is predominately fair- skinned,
2. Ultraviolet radiation from the sun is of sufficient intensity to induce skin cancer in this susceptible population.
3. For many years, social values have supported the belief that a suntan is healthy and attractive.
4. Lifestyle, work, school and recreational habits expose people to the sun over long periods.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Much of the damage occurs during childhood and adolescent. Research suggests that severe sunburn is a contributor to skin cancer and other forms of skin damage such as wrinkles, sunspots, blemishes and premature ageing. Most skin damage and skin cancer is, therefore, preventable.

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 services' community to use effective skin protection.

### **Aims**

The aims of Renmark North Preschool Centre's Sun Smart Policy are to promote among children, staff and parents:

1. Positive attitudes towards skin protection.
2. Lifestyle practices which can reduce the incidence of skin cancer and the number of related deaths.
3. Personal responsibility for and decision making about skin protection.

## **Purpose**

The purpose of our policy is to ensure that all children, staff and parents are whenever possible, protected from skin damage caused by the harmful ultra-violet rays of the sun while at preschool.

## **This policy is implemented during all school terms.**

### **Policy**

- Children, staff and helpers will wear hats when involved in play or activities outside.
- Hats need to be broad brim, legionnaire or bucket.
- A supply of SPF 30+ broad spectrum water-resistant sunscreen will be kept at the preschool for use when required.
- Sunscreen application is recommended every 2 to 4 hours
- The preschool will incorporate sun and skin awareness activities into teaching programs.
- Staff will be positive role models who practice skin protective behaviours.

This will mean that:

- Staff will be required to wear hats and appropriate clothing for all outdoor activity when the UV rating is 3 or above
- Staff will direct children to shaded areas.
- In hot weather children will be encouraged by staff to drink plenty of water and stay in the shade or remain indoors.
- Staff will provide a "loan hat" for children in term 1 and 2 and phase this out during term 3, with no loan hats available in term 4 in preparation for school.

When enrolling their child parents will be:

- informed of the Sun Smart policy.
- asked to provide a broad brimmed, legionnaire or bucket hat for their children's use.

## **Parent/Caregivers Responsibilities:**

- Provide a hat that provides good protection to the face, ears and neck such as a broad brimmed, bucket hat with good brim or legionnaire style of hat for their child, every day.
- Clothe their child in protective clothing – shirts and tops with collars and sleeves are best. Longer style shorts and skirts are encouraged.
- Apply SPF 30+ broad spectrum and water-resistant sunscreen before coming to the Centre (in the event that this is forgotten, parents may use sunscreen provided at the Centre).



- Be a good role model and wear a hat, sunscreen and protective clothing themselves.
- Please inform staff if children are allergic to sunscreen cream.

**References:**

- Inclement weather Procedure
- Cancer Council –Sun smart schools nearly childhood programs

**Verified by:** Renmark North School Governing Council 24.05.2017

**Review due:** March 2020

