

West Epping Preschool Sun Smart Policy

- Staff and the Parent Committee are committed to providing a sun safe play environment.
- Large shade structures have been installed in the 2 playgrounds to ensure maximum shade protection for children. Large established trees also exist.

Policy Objectives	Strategies
1. The service will provide adequate shade for outdoor play.	<ul style="list-style-type: none"> • Top playground – 3 large shade structures and covered verandah to be maintained for maximum shade protection. • Lower playground – Trees, shade structure and huge shade cover to be maintained for maximum shade protection.
2. Managing outdoor activities will be in accordance with new Cancer Council guidelines for the period between April and September, and October to March.	<p><u>April to September</u></p> <ul style="list-style-type: none"> • Children can play outdoors between 11am and 3pm. • June to July - Sunscreen does not have to be applied during this period. • Hats will continue to be a requirement for children to wear. <p><u>October to March</u></p> <ul style="list-style-type: none"> • Outdoor activities will be minimised between 11 am and 3 pm. Shaded areas may be used during this period eg. morning tea picnics. • Sun protection is required throughout the day.
3. Outdoor activities will be held in shaded areas wherever possible.	<ul style="list-style-type: none"> • Use of available shade will be maximised by conducting activities in shaded areas and moving static play activities and portable equipment as shade moves throughout the day.
4. All children will wear SunSmart hat that protects the face, neck, ears and crown of the head whenever they are outside or on an excursion.	<ul style="list-style-type: none"> • A Broad brimmed hat with a brim side of at least 6cm for children • A Bucket style hats with a brim size of at least 5cm for children or 6cm with a deep crown • A Legionnaire hat with a flap at the back • Baseball hats are not suitable • No cords are to be around the neck. <p>Spare hats will be kept for children to wear if parents forget to send a hat. When worn, these hats will be sent home to be washed at the end of the day.</p>

Policy Objectives	Strategies
5. All staff will wear hats that protect the face, neck, ears and crown of the head for outdoor activities.	<ul style="list-style-type: none"> • All staff will wear broad brimmed hats or legionnaire caps when outdoors. • Staff will be a positive role model for children.
6. Parents will be requested to dress children in clothing that gives protection from the sun.	<ul style="list-style-type: none"> • Parents will be advised on enrolment of the requirement to dress children in sun protective clothing, ie shirts or dresses with collars or high necks and sleeves made from closely woven fabric. • Shoulders and backs and stomachs should be covered. Singlet tops are not suitable.
7. Staff will wear clothing that gives protection from the sun when outdoors.	<ul style="list-style-type: none"> • Staff will wear shirts or dresses with collars or high necks and sleeves; trousers, longer shorts or skirts and made from closely woven material.
8. Non allergenic (SP 30+ broad spectrum water resistant) sunscreen to be applied to children 20 minutes before going outside. See point 2 for periods during the year for sunscreen application.	<ul style="list-style-type: none"> • Parents are encouraged to apply sunscreen to their child during warmer months before their child arrives at pre school. • Staff will apply sunscreen later in the day if the child is to play outside according to weather conditions or if children go to the unshaded area. • Sunscreen will always be available/supplied by the pre school.
9. Sun protection awareness activities (both planned and spontaneous) will be included in the learning programme.	<ul style="list-style-type: none"> • Staff will use <i>Teachable</i> moments throughout the day to encourage a SunSmart environment. • Staff will be a positive role model to the children to encourage sunsafe behaviours with hats, clothing etc.
10. Sun protection information will be promoted to staff, families and visitors.	<ul style="list-style-type: none"> • Everyone will be informed of the West Epping Preschool Sun Smart Policy.
11. Sun protection will be considered when excursions are planned	<ul style="list-style-type: none"> • Excursion notes to parents will include a reminder to dress children in protective clothing and hats and apply sunscreen to children.
12. Management and staff will monitor and review the effectiveness of the SunSmart policy each year and revise the policy as required	<ul style="list-style-type: none"> • It is important to have a review date on your policy so that reviewing your sun protection policy becomes a regular part of your program. This also helps ensure a system is in place and that the policy includes the most current information.

Reference; SunSmart by The Cancer Council N.S.W. 2006