

Rendelsham Kindergarten Sun Protection and Hot Weather Policy

Policy Statement

Rendelsham Kindergarten has a duty of care to ensure that all children and educators are provided with a sound level of protection. It has been developed to ensure all children, educators and visitors are protected from skin damage caused by harmful ultraviolet radiation from the sun.

This policy will be implemented during Terms 1, 3 and 4 of the school year.

Rationale

Australia has the highest incidence of skin cancer in the world. Skin damage, including cancer is the result of cumulative exposure to the sun.

It is important to balance sun protection with safe sun exposure for the production of Vitamin D for bone growth and development. During the cooler months when UV radiation level is below 3 sun protection for most people is not necessary.

Aims

Rendelsham Sunsmart Policy aims to promote for children, educators and families;

Positive attitudes towards skin protection

Lifestyle practices which help reduce the incidence of skin cancer

Personal responsibility for and decision making about skin protection

Awareness of need for environmental change in our centre to reduce sun exposure when UV radiation level is 3 and above.

Implementation

It is an expectation for all educators, children and visitors at Rendelsham Kindergarten will use the following skin protection strategies;

Take care to protect skin when ultra violet radiation level is 3 (moderate) and above.

Use the shade of trees, shelters, buildings and temporary structures when outdoors.

Wear appropriate clothing which protects the skin. Children, educators and visitors will be expected to wear broad brimmed hats when involved in outside activities. Children not wearing a hat will be expected to play indoors or on kindy deck area. Parents will be reminded to bring a 'kindy hat' for their child which can remain at our centre. Some spare hats may be available for children's use.

Children will be encouraged to wear shirts with collars and sleeves to elbow length and longer style shorts/skirts.

Families are asked to apply sunscreen to their child prior to arrival at kindy. Reapplication will be done by children (supported by educators if required) with the child's own sunscreen.

Educators will incorporate sun and skin awareness activities into the learning program.

Educators and children may choose to wear sun glasses if they choose.

More information may be found at: www.sunsmart.org.au

Hot Weather Policy

Rationale

Children are at greater risk of suffering from heat illness than adults.

Rendelsham Kindy's outdoor area has ample shade in many areas during the day. During periods of hot weather the following strategies are implemented to reduce the risk of heat illness in children/educators/visitors.

Activities during the middle of the day will be undertaken in shaded areas.

Children will have frequent opportunities to drink water independently (and be reminded) from water bottles which are easily accessible.

Our building is air conditioned but in the event of breakdown/blackout children will play in shade.

Kindy fridge keeps lunches/water cool

Parents will ensure they dress their children in clothes which minimise heat gain and are sunsafe. ie; no tank tops/shoe string tops/sundresses.

Educators will include in the learning program ideas/opportunities to learn and understand how to keep cool and safe in hot weather by drinking lots of water, playing in the shade and keeping active play to a minimum by enjoying quiet relaxing learning experiences.

Sources DECD 'Guidelines for developing a Pre School Hot Weather Policy'.

'Anti Cancer Foundation of South Australia'.