

## Sun Protection Policy

**Purpose:** Too much of the sun's UV radiation can cause sunburn, skin/eye damage and skin cancer. Sun exposure in the first ten years of life is a major factor in determining future cancer risk. Too little UV light however, can lead to low levels of vitamin D which is essential for healthy bones, muscles and for general health. At Flagstaff Hill Kindergarten, our aim is to develop an awareness of safe SunSmart practices for children, families and the community.

### Shade

- The availability of shade is considered when planning all outdoor activities.
- Children are encouraged to choose and use available areas of shade when outside.
- Play activities will be set up in the shade and moved throughout the day to take advantage of shade patterns.
- Children who do not have appropriate hats or outdoor clothing are provided with items from our collection of spare clothing where possible.
- In consultation with the Governing Council, shade provision is considered in future plans and upgrades.

### Clothing

- Children are required to wear loose-fitting clothing that covers as much skin as possible.
- If a child is wearing a singlet top or shoestring dress, they will be asked to choose a t-shirt/shirt to wear over this before going outdoors (to cover their shoulders and back).

### Hats

- Children and educators must wear hats that protect their face, neck and ears when the UV rating is 3 or above. Legionnaire, broad brimmed and bucket hats are acceptable, however baseball caps are not.
- As part of the enrolment process children will be supplied with a kindy hat (charged to each family account). This has a 7cm wide brim, which meets Cancer Council and SunSmart requirements.
- A small quantity of spare hats is held onsite for children to borrow as needed. Alternatively, children will need to play inside or under the verandah if they do not have a hat.

## Sunscreen

- SPF30 (or higher) broad-spectrum, 4-hour water-resistant sunscreen is supplied for use at kindy
- Where children have allergies or sensitivities to sunscreen, parents are asked to provide an alternative sunscreen. This must have a pharmacy label affixed with the child's name. Additionally, it must be a 4-hour water resistant sunscreen.
- Children are given opportunities to apply their own sunscreen under supervision of educators and are encouraged to do so.
- Educators will write the daily maximum UV rating on the whiteboard to communicate this to families.
- Families will check the whiteboard or SunSmart app each morning and apply sunscreen on arrival if the daily maximum UV rating is 3 or above.
- Sunscreen will be reapplied after lunch. Children will stay inside for 20 minutes before going outdoors (relaxation time and/or inside play).
- Families of children with dark skin are invited to consult with their doctor regarding vitamin D requirements and personalisation of this policy.

## Curriculum

- Sun protection is incorporated into the teaching and learning program.
- Educators will role model sun smart behaviours by wearing hats, appropriate clothing and applying their own sunscreen.
- Children will be involved in consulting the SunSmart app to check current UV levels.
- A SunSmart approach is promoted and reinforced through communication with children and families; For example, newsletters, daily conversations, social stories and the enrolment process.

Approved by Educators and the Governing Council May 2024  
To be reviewed 2027

Governing Council Chairperson: \_\_\_\_\_

Kindergarten Director: \_\_\_\_\_

*R168(2)(a)(ii) Sun Protection • National Quality Standards 2.3*

