SUNSMART POLICY

Bridgewater Kindergarten recognises the importance of protecting the skin as a major strategy in the fight against skin cancer. We are particularly fortunate to have a play area that has great shade provision.

**Aims**

Bridgewater Kindergarten Sunsmart Policy aims to promote among children, staff and parents—
- Positive attitudes towards skin protection.
- Lifestyle practises which can help reduce the incidence of skin cancer and related deaths.
- Personal responsibility for and decision making about skin protection.

**Actions**

All members of the Bridgewater Kindergarten community, (children, staff and parents) will be encouraged to use the following skin protection strategies.

**1. Take particular care if in the direct sun between the hours of 10am and 3pm**
- All outdoor activity sessions will be held in shaded areas.
- Snack and lunch will be eaten indoors. Any special outdoor snack times will occur in shady places and children and staff will wear hats. Visitors will also be encouraged to wear hats.
- Outdoor activities will be conducted in shaded areas—under trees, the verandah, the play house or portable shade structures.

**2. Wear appropriate clothing which protects the skin.**
- Children, staff and parents are expected to wear an appropriate broad brimmed or legionnaire style hat whenever they are involved in outside activities during terms 1 and 4. During Term 2 and Term 3 children will be directed by staff when hats need to be worn.
- Children not wearing an appropriate hat will be expected to play under the verandah or inside.
- The parents of children who do not have an appropriate hat for two days running will be given a reminder note asking that an appropriate hat be provided.
Children and staff are expected to wear shirts with sleeves and longer style shorts and skirts. Children who do not dress appropriately must play under the verandah or inside. The parents of children who do not have appropriate clothing for two days running will be given a reminder note telling them that appropriate clothing must be worn.

3. **Use of sunscreen to protect skin.**
- Staff encourage parents to apply a broad spectrum, water resistant sunscreen with an SPF of 30+ before Kindy sessions.
- The children are encouraged to bring their own sunscreen, however there is bulk sunscreen, (broad spectrum, water resistant with an SPF of 30+) available at kindergarten.
- The children will be required and supported to apply sunscreen, (broad spectrum, water resistant with an SPF of 30+) 15-20 minutes before going outside after lunch on our full day.

4. **Learning about skin protection**
- Staff will model appropriate Sunsmart strategies at all times.
- Skin cancer prevention will be a part of our learning curriculum.
- Information and resources will be kept up to date through contact with the Cancer Council.

5. **Bridgewater Kindergarten’s Sunsmart Policy will be reviewed on an ongoing basis and formally annually in October.**

Broad brimmed, legionnaire hats and Bridgewater Kindergarten t-shirts are available for sale at kindy.

Reviewed March 2007
7-7-08
14-10-09
1-10-10
No hat, no outside play!
Caps are not sun safe and therefore not appropriate at kindergarten.

Inappropriate footwear- no outside play!
No thongs or backless shoes, these are not safe when the children are running, jumping and climbing.

No sleeves – no outside play!
The children must wear clothes with sleeves. Sleeveless tops are not sun safe.
Date________________

Dear________________

__________________________ has not had a sun safe hat at kindergarten this week. This has meant that _____ could not play outside and be fully involved in our learning programme. Please send a hat with _____ to future kindergarten sessions.

Thankyou Glenda and Jenni.

Date________________

Dear________________

__________________________ has not had appropriate sunsafe clothing at kindergarten this week. This has meant that _____ could not play outside and be fully involved in our learning programme. Please dress _______ in tops with sleeves to future kindergarten sessions.

Thankyou Glenda and Jenni.
Dear ______________
____________ has not had appropriate footwear at kindergarten this week. This has meant that _____ could not play outside and be fully involved in our learning programme. Please ensure that footwear has a back and is safe for running and climbing sessions.

Thankyou Glenda and Jenni.