



Goodwood Preschool SunSmart Policy June 2015

Background Information

A balance is required between avoiding an increase in the risk of skin cancer by excessive sun exposure and achieving enough sun exposure to maintain adequate vitamin D levels. The Cancer Council has recommended that hat wearing throughout the winter months when the UV rating is below three is no longer required and that leaving hats off provides an opportunity for adequate vitamin D levels to be maintained. Exposure to small amounts of sunlight is essential to good health. In winter in the southern regions of Australia vitamin D levels may be maintained by approximately 2-3 hours of sunlight exposure accumulated over a week to the face, arms and hands.

Our policy is in line with research about maintaining adequate vitamin D levels. Vitamin D is beneficial for maintaining musculoskeletal health and reduces the risk of bone fractures.

Policy

The Sun Smart Policy will be available to staff, families and visitors. Sun protection is part of our Learning Program.

Hats

Hats must be worn at all times in Terms 1 and 4. In Terms 2 and 3 hats must be worn when the UV Level is 3 or above. Parents can check the whiteboard outside the preschool door if they are unsure of the UV. Staff will write the UV up on days where it is 3 or above. We recommend hats are left at preschool at all times so that children have access to their hat. All children and staff wear a hat that provides good cover to the face, neck and ears. Caps are not appropriate. Appropriate protective clothing is to be worn ie no singlet tops. Spare hats are available for children and are washed regularly.

Sunscreen

Families are asked to apply sunscreen before preschool on days when the UV is predicted to be 3 or above. Sunscreen is available at the preschool. Staff will assist children to reapply sunscreen at lunch time. Children may choose to bring their own sunscreen. Parents will sign a permission slip for sunscreen to be applied.

Further Information

Cancer Council Helpline 131120 or www.sunsmart.org.au