



Lonsdale Heights Preschool Sun Protection and Inclement Weather Policy

This policy is consistent with the requirements of the:

- **National Quality Standard and Regulations**
 - o **National Quality Standard 2.1 and 2.2, 3.1** as well as 2.1.1, 2.1.2, 2.1.3, 2.2.1, 3.1.1
 - o **Regulation 108, 114,**
- **Department for Education – Inclement Weather and Sun Protection**

Rationale

Lonsdale Heights Preschool has a duty of care to all children and staff to ensure their comfort, safety and welfare needs are met. This includes adequate protection against hot weather and/or extreme climate conditions. We believe that all children and staff have a right to a safe and secure environment. We utilise a combination of sun protection measures for all outdoor activities across the year whenever UV levels reach 3 and above. We encourage all members of our preschool community to take effective skin-protection measures. This policy seeks to ensure that a planned management strategy is in place that will cater for a broad range of weather related circumstances.

The purpose of this policy is to:

- promote positive attitudes towards skin protection
- ensure that all children attending our centre are protected from skin damage caused by the harmful ultraviolet rays of the sun
- raise awareness of the potential damage that exposure to the sun can cause
- encourage personal responsibility for skin protection
- encourage staff to take reasonable care to protect their own health and safety and that of others in the preschool at all times

IMPLEMENTATION

This policy is for implementation throughout the whole year with particular emphasis in Terms 1, 3 and 4 or when the UV levels are **3** or above.

UV widget is accessible daily on the Sentral home page.

All children attending Lonsdale Heights Preschool will be strongly encouraged to use the following skin protection strategies:

Hats:

- families are encouraged to purchase a SunSmart Preschool hat during the enrolment process
- wearing of a broad-brimmed hat outside is compulsory during terms 1, 3 and 4 or when the UV levels are 3 or above
- SunSafe hat wearing will be modelled by staff and volunteers to comply with the policy
- all children, staff and volunteers will be expected to wear a broad brimmed or legionnaire style hat whenever they are involved in outside activities at the Preschool or during whole school outdoor incursions.
- children without SunSmart clothing/hats are encouraged to play in an area protected from the sun (e.g. under shade, veranda or indoors) or are provided with spare clothing/hats from the Preschool

Shade:

- children are strongly encouraged to use available areas of shade when outside
- outdoor activities are to be set up in shaded areas where possible
- avoid being in direct sun between the hours of 10am and 3pm
- use the shade of pergolas, umbrellas and tents whenever outdoors

Clothing:

- children are encouraged to wear SunSmart clothing that covers as much of the skin as possible (especially the shoulders, back and stomach)
- Lonsdale Heights Preschool T-Shirts are available for families to purchase in the Front Office



- Singlets and dresses with straps are discouraged and children will be provided spare clothing to put on over the top when outdoors.

Sunscreen:

- Children are provided with their own labelled roll-on broad spectrum sunscreen with an SPF of 50+ at the start of every enrolling school year. All sunscreen is stored in a cool, dry place in each child's individual named trays. Sunscreen expiry dates are monitored.
- Children are encouraged to be independent in applying sunscreen 20 minutes before going outdoors and to reapply every 2 hours. Staff will supervise and assist children where necessary.
- Permission form to apply sunscreen is included during the the enrolment process. Where children have allergies or sensitivity to the sunscreen, parents are asked to provide an alternative sunscreen, or the child encouraged to play in the shade.
- Families are encouraged to apply sunscreen to their children before coming to preschool in the morning
- Children are encouraged to be independent in applying sunscreen for use before outside play in the afternoon however staff will closely supervise and support where necessary

Curriculum:

- Reinforcing the SunSmart message in all site activities and in general preschool procedures is an important strategy in the adoption of the skin protection behaviours
- Staff will be encouraged to role model appropriate Sun Smart strategies in all activities
- Skin cancer prevention will be included in age-appropriate teaching activities

Hot Weather

Strategies to reduce the risk of heat illness in young children:

SHADE: activities conducted in periods of hot weather are to be undertaken in shaded areas

DRINKS: children are to be frequently offered water or fluids. Drinking water is accessible to children at all times via children's individual drink bottles which can be refilled by staff when needed.

CLOTHING: families are encouraged to dress children in clothing that will minimise heat gain such as layers that can be easily removed, and of a type that is sun safe.

SUNSCREEN: families are asked to sunscreen their children prior to drop off in the morning. Children are encouraged to independently apply sunscreen in mornings and afternoon, supported by preschool staff.

FOOD: parents are encouraged to pack food in insulated containers with a freezer brick. Preschool staff will provide a cool place to store children's lunches and afternoon snacks.

Extreme Weather

strategies to reduce the risk of injury in a storm including high winds and/or hail:

COVER: adults are to direct children to cover, preferably under the verandah or inside the building

All adults are to look for signs of:

- an approaching storm such as dark sky, high winds, thunder and lightning
- tree debris such as leaves, nuts and branches that may pose a slip or trip hazard
- damaged tree limbs and branches that may fall; wet floors and stairs; children
- employees, volunteers and children having trouble breathing triggered by dust, thunderstorms or panic

MONITOR: sever weather danger warnings

Updated: 2/6/23

Date for next Review: 2024

Approved by: Governing Council

Date Approved: 23/6/23



Document Review History

Date	Notes
2/12/22	
Term 2 2023	<i>Additions to Policy in line with Cancer Council Australia</i>
Annual Review December 2023	Annual review
23/6/23	Approved by Governing Council
2024	

Sources:

- Cancer Council Sun Smart Website
- DfE Inclement Weather and Sun Protection Procedure
- DfE guidelines for developing a hot weather policy
- Bureau of Meteorology national warnings summary