

<b>Policy</b>
Policy Category: Health and Safety
Policy Name: Sun Smart Policy
Date Effective: 06/2021
Review Date: 06/2024

## Sun smart policy

### **Rationale:**

We celebrate childhood and the natural inquisitiveness, curiosity and imagination of children. We embrace this, working alongside children, encouraging independent learning through the following of their own curiosity, wherever this may take them, helping them to gather knowledge and information along the way. High Five aims to ensure that children are educated about and protected from the harmful effects of the sun.

### **Te Whāriki:**

Well-being Goal 1 - Children experience an environment where their health is promoted.

### **Procedures:**

- Between the months of October and March (or at the teacher's discretion) all children and teachers must wear sun hats and sun block outside between the hours of 9.30am and 4.30pm, (or at the teacher's discretion).
- Children will stay inside during the hottest time of the day (11.45am - 1.45pm) or if they are outside they will stay in shaded or protected areas.
- Shade is the most effective barrier from the sun. High Five provides an outdoor area that is protected from the sun with sunshades and/or natural shade.
- Parent/s are required to supply a named sunhat for their child. Children need a sunhat, which shades the face and neck and stays on in the wind.
- Children will be asked to wear clothes that cover and protect the shoulders and back of the neck (for example a t-shirt), especially in the hottest part of the day.
- Team members will role model appropriate behaviour by wearing sun hats, applying sunblock to themselves and wearing appropriate clothing, ie shoulders covered outside.
- The centre will supply sunblock for all children in attendance. Parent/s are to supply sun block if their child has an allergy to the sun block the centre uses (see attached procedure for applying sun block) or if they have chosen not to opt in to the optional charge (over 3's claiming 20 hours ECE)
- Sunscreen is to be reapplied to children approximately every 2 hours while outside.
- Babies under 1 year are to be kept in the shade wherever possible, and parent/s are to provide them with an appropriate 'sensitive' sunscreen.
- Team members will apply sunblock to children. Teachers will assist children who are old enough to apply sunblock to themselves to ensure thorough application.

- Children should have access to fresh drinking water at all times.
- Sunscreen and sun hats (where appropriate, eg. sun hats not worn when walking in the wind) must be taken on excursions.
- Water play should take place in a shaded area.

## Applying Sun block

### Procedure

- Sun block used at High Five, Cancer society SPF30+

### Cancer Society recommendations:

Use sunscreen with other sun smart behaviour:

- Avoid the sun between 11am-4pm.
- Use the shade when possible.
- Cover up with clothing and a hat.
- Protect eyes with sunglasses.
- Keep infants in the shade.

Directions:

- “Apply sunscreen generously to dry skin at least 15min before going out into the sun. Re apply frequently to dry skin after exercise, perspiration, towelling, swimming etc.
- An average sized adult is recommended to apply 1 teaspoon of sunscreen to each arm, leg front of body and back of body, and ½ teaspoon to the face (including the ears and neck).”

#### ● **Hats with flaps.**

- Teacher’s need to ensure that children put hats on the right way round – flaps cover faces to protect faces from the sun.
- Parents should be encouraged to buy hats with flaps that cover necks for children.
- Winter hats should not be worn on hot summer days.

#### ● **Water**

- Children have access to fresh drinking water at all times.
- Water play should take place in a shaded area.
- All children are actively supervised during water play

#### ● **Shoulders, sun block and role modelling.**

- Children need opportunities to apply or learn to apply sun block. This needs to be actively supervised.
- Teachers should apply to face, neck, ears, shoulders and arms. Watch as child applies block to legs or do that for them.
- Give children a dot or two to allow them an opportunity to apply their own sun block.
- Do children know about the hottest time of day?

- Role model best behaviour.
- Have discussions/conversations with children about what you are doing and why.
- Talk your actions through as you do them. "I am putting extra sun block on my shoulders because it is so hot today and I forgot to bring a shirt to cover my shoulders!"
- When applying sun block on a child use a consistent phrase, "I need to make sure your skin is safe in the sun" or, "I need to make sure Tama-nui-o-te-ra doesn't burn your skin today".

**Review-** Review every three years or when there is a significant change in the area of the policy topic.

<b>Authorised:</b>	CM and Owner
<b>Date:</b>	22/10/2017
<b>Next Review Date:</b>	06/2024
<b>Consultation Undertaken:</b>	High Five Team & Whānau