

Anula Preschool Sun Safety Procedure

Introduction

This sun safety procedure outlines Anula Preschool's commitment to sun safety and the practices undertaken to reduce risk of over exposure. It will outline responsibilities for staff, responsibilities for parents/families and responsibilities for children.

Well designed and effective shade not only provides sun protection, it will also help to cool the grounds and reduce heat. Natural shade in the form of well planted trees and shrubs can provide shade and help to improve the natural environment at the same time. Anula Preschool is proud to have a beautiful environment that provides many shaded areas.

Rationale

Australia has the highest rate of skin cancer in the world. Research has indicated that young children have sensitive skin that places them at particular risk of sunburn and skin damage. Exposure during the first 15 years of life can greatly increase the risk of developing skin cancer in later life. Preschool plays a major role in minimising a child's UV exposure, as children attend during times when UV radiation levels are highest.

Anula Preschool sun safety procedure has been developed to protect all children, staff and volunteers from the harmful effects of ultraviolet (UV) radiation from the sun and should be read in conjunction with the Department of education Sun Safety in Schools Policy.

Definitions

As per Department of Education Sun Safety in Schools Policy.

Roles and Responsibilities

As per DoE Sun Safety in Schools Policy.

Procedures

Managing the physical environment

Times of UV radiation exposure

- ✓ Staff will utilise the shaded areas of the outdoor environment for play and plan outdoor play experiences bearing in mind the peak UV radiation period is between 10am and 4pm.

Shade provision, outdoor play and outdoor play equipment

- ✓ Anula Preschool will consider the availability of shade when planning and programming for outdoor play experiences or excursions.
- ✓ Outdoor equipment that is not fixed will utilise the shaded areas of the outdoor environment where possible during the day.
- ✓ The service will continually assess the shade coverage of the outdoor play environment and seek avenues to improve the conditions if required.
- ✓ Outdoor play equipment that is fixed will be monitored for usability throughout the day by staff.

Protective behaviours and practices

Hats

- ✓ All children must wear an approved sun protective hat that is a broad-brimmed, legionnaires or bucket when outdoors.
- ✓ It is recommended that a sun protective hat adequately covers the face, back of the neck and ears.
- ✓ Spare hats may be available for children who do not have a hat. The service will ensure that hats are laundered after each use to minimise cross infection (for example, head lice).

Clothing

- ✓ Loose fitting and closely woven fabrics assist in protecting children from exposure to the sun.
- ✓ Sleeveless shirts, dresses and singlets are not considered as appropriate clothing to protect children from the sun. Children may need to change their clothing or not be allowed to access outdoor play.
- ✓ Children are encouraged to wear rash vests when swimming. The pool is shaded.

Sunscreen

- ✓ SPF 30+ broad spectrum water resistant sunscreen is applied to exposed skin of children.
- ✓ Parents are requested to apply sunscreen before the start of the day (sunscreen is supplied by the Preschool). It is available and can be reapplied throughout the day.
- ✓ Sunscreen must be applied at least 20 minutes before commencing outdoor play (or as per manufacturer's instructions).
- ✓ Sunscreen must be reapplied every two hours (or as per manufacturer's instructions).
- ✓ Some children may present with an allergic reaction to sunscreen. In this situation, the service will stop applying the sunscreen, notify the family and request that a hypoallergenic sunscreen be supplied by the family for the child to use.
- ✓ *Children with allergies are requested to provide their own sun protection (ie long sleeve shirts, hypoallergenic sunscreen, barrier cream)*

Eye protection

- ✓ Anula Preschool supports the use of a sun protective hat to protect eyes from UV radiation.
- ✓ Sunglasses may be worn by children and staff.

Maintaining hydration levels

- ✓ Children's body/water ratio mass is significantly different from adults, therefore the risk for dehydration from outdoor play and hot weather is high and can be dangerous.
- ✓ Water will be offered to children throughout the day regardless of indoor or outdoor play settings.
- ✓ Children have access to water bubblers throughout the day and/or they can bring a water bottle from home and are encouraged to drink water throughout the day.

Role modelling by staff, students and volunteers

- ✓ Children learn through example and role modelling is an important strategy in children's services to maintain quality standards.
- ✓ Staff, students and volunteers must comply with the Sun Protection Policy as per Department of Education.
- ✓ Staff, students and volunteers must wear a sun protective hat and clothing, apply SPF30+ broad spectrum sunscreen, and seek shade whenever possible when supervising outdoors or facilitating children's play experiences and excursions.

Communication with different stakeholders

Children

- ✓ Children's play and learning experiences will reflect the importance of sun protection behaviours and practices.
- ✓ Staff have the responsibility to develop children's understanding of the importance of sun-safe behaviours for **all** skin types.

Families

- ✓ Sun protection behaviours and practices are outlined in the Parent Handbook, enrolment forms, newsletters and excursion permission forms.
- ✓ Families will be encouraged to implement the service's sun protection behaviours and practices when engaged in service experiences and excursions. For example, parents must wear a sun protective hat when volunteering on excursions.

Staff

- ✓ Staff are expected to implement the service's sun protection behaviours and practices as part of their duty of care/work practices. For example, staff must wear a sun protective hat when supervising in outdoor areas and/or on an excursion.

Policy Review

- ✓ The service will review the Sun Safety Policy and Procedures, and related documents, including behaviours and practices every two years.
- ✓ Families are encouraged to collaborate with the service to review the policy and procedures.
- ✓ Staff are essential stakeholders in the policy review process and will be encouraged to actively be involved.

Information

Sun protection information will be regularly communicated through newsletters, meetings and noticeboards. The sun protection policy (including updates) will be provided to all staff. Further information is available from the Cancer Council website www.cancercouncil.com.au/sunsmart.

Effective Date: May 2020

Policy review date: May 2021

Child Oral Health Information

Oral Health Services NT provides **free dental check-ups** to children and Adolescents (from birth to 18 years).

Making an appointment

All appointments are made through the Centralised Booking Numbers listed below. Reception staff are responsible for making appointments in both community dental clinics and school based dental clinics

At the time of making the appointment, Reception staff will request specific information such as Medicare number and your child's suffix number.

To make an appointment – Contact

- **8922 6466**

Only emergency dental care is available for international students or students whose parents hold a 457 Visa.

Attending appointments

No children are taken from classrooms for any dental treatment. All children attending appointments are required to be accompanied by a parent or carer. Being present during the child's appointment is important to assist with building knowledge about oral health and what is required to maintain good oral health.

Cancelling appointments

Please let us know if you are unable to make a scheduled appointment. Giving us reasonable notice allows us to book another child into that appointment and to reschedule an appointment for your child.

Missed appointments

If appointments are missed, it is your responsibility to ring and arrange an alternative appointment. We will try to schedule a new appointment however due to demand this may mean your child has to wait longer for treatment. Due to high demand for service, repeatedly missing appointments without informing us in advance will result in a longer wait for future appointments.

For further information visit the Oral Health Services website:

www.health.nt.gov.au/oral_health



Welcome to Child Australia Anula OSHC

OSHC and Vacation Care!

Our Philosophy

Child Australia Anula OSHC is committed to providing quality care and educational practice to the children and families of our Anula Community.

We value children as individuals and encourage their diverse strengths and healthy respect for difference and equality, in turn promoting anti-bias and inclusion for all.

We believe in providing a stimulating and challenging environment that excites and motivates children's sense of wonder and curiosity.

Thank you for all that
you do.

My son never wants to
leave when I pick him
up each afternoon!

- Parent

Hello and Welcome!



My name is Michelle McDonnell and I am the Supervisor of Anula OSHC.

Traveling across Sydney and Brisbane, managing OSHC and ELC's as well as teaching Dance & Gymnastics in Primary Schools for the past 19 years, has equipped me with a wealth of knowledge and passion for encouraging children to learn and grow into their own bodies.

At Anula OSHC, we believe that every child should be provided with a warm, caring and nurturing environment where they can feel comfortable.



We aim to remain an integrated and engaged part of our local community through collaborative partnerships with families, Anula Primary School and Preschool and Community groups.



What we Offer

Our program is intentional with a priority for play and leisure, and is centered around the voices and needs of the children. We provide a safe and engaging play environment for children to develop and explore friendships, develop social skills, leadership qualities, confidence and resilience.

 **Pick-up for Pre school & Transition students**

 **Sun Screen**
 **Afternoon Tea**

 **NO ADDED charge for incursions and excursions**

Check out our Menu!

	MON	TUES	WED	THURS	FRI
GREEN Larger Portion	Rock melon, Red apples, Banana, Blueberries	Red & Green Apples, Watermelon, Pineapple	Rock melon, Green Apple, Banana, Cucumber	Red & Green Apples, Saltanas, Mandarins	Rock melon, Pineapple, Blueberries
AMBER Smaller portion	Pasta	Baked Beans and Bread	Pancakes	Sandwiches	Dip, Cheese and Crackers


**GREEN - Main portion of the menu, plenty offered*
**AMBER - Portion sizes selected carefully*


Vacation Care


Our Vacation care program operates throughout the school holidays and offers exciting incursions and excursions.

The basis of our Vacation Care service is for the children to enjoy their holiday. We offer children opportunities to play and learn at their own pace, engage in experiences of interest, enjoy a new adventure and be challenged.

For more information please see the program published on our Facebook page 1 month prior to each vacation care period.

 **Outside School Hours Care**
2:30PM - 6:00PM After School Care

 Anula Primary School,
73 Yanyula Dr, Anula NT 0812

 P: (08) 8997 7515 or 0439 790 131
E: anulaoshc@childaustralia.org.au

Vacation Care
7:00AM - 6:00PM



Facebook: Child Australia
Anula OSHC

Website: childaustralia.org.au