

SunSmart Early Childhood Program Application



Application form

CENTRE / PRE-SCHOOL'S DETAILS:

Centre / Pre- School:

.....

Contact Name: Position:

Address:

..... Postcode:

Telephone: Fax:

Email address:

Best time to be contacted:

Age group attending service: Birth – 3 years 3 – 6 years Birth – 6 years

Date:

Your Privacy: Your contact details will be used to provide you with information and resources relating to The Cancer Council Northern Territory. All information will be at all times kept private and confidential, and no identifying information will be used for statistical purposes. If you wish to discuss the storage and use of your details please contact:

The Cancer Council Northern Territory on 8927 4888 or write to us at PO Box 42719 Casuarina NT 0811

In the Northern Territory it is recommended that a school's sun protection policy is followed all year round as ultraviolet radiation is rated very high to extreme all year round. Particular care needs to be taken between 10 am and 3 pm when UV levels reach their peak.

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Please answer the following questions:

Sun Protection Measures

1. Which of the following are in place to minimise sun exposure particularly between 10 am and 3 pm when UV levels reach their peak?
 - Outdoor experiences are organised in shaded areas
 - Children are monitored to ensure they are not spending extended periods in sunny areas
 - Outdoor excursions are scheduled early or late in the day
 - Lunch / snack is eaten inside
 - Lunch / snack is eaten in shaded areas
 - We allow indoor/ outdoor play
 - Other: please specify.....

2. Please describe the available shade at your centre/ pre-school.
 - We have shady trees
 - We have some built shade structures
 - We have some portable shade structures
 - We have plans to increase shade in the next 12 months
 - Shade is not currently a priority area
 - Shade poses funding concerns for our centre / pre-school

3. Do you request that children wear sun protective clothing when outside e.g shirts or dresses that cover the shoulders, shirts with collars and elbow-length sleeves longer style shorts and skirts?
 - Yes
 - No

4. Is hat wearing enforced or encouraged at your centre/ pre-school?
 - Yes – enforced
 - Yes – encouraged
 - No, neither enforced nor encouraged (Go to Q 3)

5. What type / types of hat do children at your centre/ pre-school wear?
 - Broad-brimmed hats
 - Legionnaire hats

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- Bucket hats (at least 5 cm brim and a deep crown)
- Other: please specify (eg. caps).....
6. On a typical day throughout the year, approximately how many children would be wearing broad brimmed, legionnaire or bucket hats?
- All of the children
- Most of the children
- Half of the children
- Some of the children
- Very few of the children
7. What are the consequences for a child not having a hat when outside?
- They must remain in the shade - play allowed
- They must return indoors
- They must wear a hat from a set of hats provided by the centre / pre-school
- No restrictions
- Other: please specify.....
8. Does your centre / preschool encourage the use of wrap-around sunglasses that meet Australian Standard 1067 (Sunglasses – Category 2, 3 or 4)?
- Yes
- No
9. What obstacles (if any) would prevent your centre/ pre-school from including sunglasses in your policy?
- Cost
- Safety
- Practicality of each child having their own pair of sunglasses
- No reason
- Other: Please specify:

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10. What happens at your centre/ pre-school regarding the use of SPF 30+ broad spectrum sunscreen?

- Sunscreen is supplied by the service for children's use
- Families / carers sign a consent form allowing staff to apply sunscreen to children
- Families / carers are encouraged to supply sunscreen for their children
- It is encouraged that children come to the centre/ pre-school wearing sunscreen
- Time is given for the application of sunscreen 20 minutes before children go outside
- Children are encouraged to apply sunscreen themselves under adult supervision
- Sunscreen is re-applied every 2 hours while outside

Sun protection and babies

Babies' skin is thinner than adults' skin; it is extremely sensitive and can burn easily. Babies can be at risk of sunburn even when they are in the shade, so make sure they are covered up when under the shade. Choose a hat that protects the baby's face, neck and ears such as a soft legionnaie style hat, with a flap at the back that will crumple easily when they put their head down. If infants are kept out of direct sun or well protected from UV radiation by clothing, hats and shade, sunscreen need only be used occasionally on very small amounts of their skin.

11. Does your centre/ pre-school's sun protection practices consider the special needs of infants?

- Yes
- No
- Not applicable

Education

12. Does your centre/ pre-school have planned experiences that focus on sun protection?

- Yes
- No

13. Do all staff actively reinforce sun protection practices in their regular interactions with children?

- Yes
- No

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Role models

14. Does your centre/ pre-school request that all staff wear broad brimmed, bucket or legionnaire hats when outside?

- Yes
- No

15. How do staff actively reinforce sun protection on a regular basis with the children?

- Role modelling
- Display of posters
- Discussion
- Picture storybooks or reference books
- Play experiences, e.g. imaginative play
- Songs, poems or finger plays
- Games
- Other: please specify.....

16. Does your centre/ pre-school encourage families / visitors to wear a sun protective hat when participating in the service's outdoor program?

- Yes
- No

Policy

17. Does your centre/ pre-school have a written sun protection policy?

- Yes
- No
- No, but we are planning one

18. Who was involved in the development of the policy?

- Co-coordinator/Director
- Staff
- Committee of management
- Families
- Peak early childhood organisation
- The Cancer Council Northern Territory
- Other: please specify

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19. What obstacle, if any, has your centre/ pre-school encountered in introducing a sun protection policy?

- Limited support by staff
- Limited support by families/carers
- Limited support by management
- Cost of sunscreen / hats
- Cost of shade development
- Insufficient information on policy content
- Not a centre priority
- Other: please specify.....

Being a SunSmart Centre / Pre-school tells the community that your service is committed to the future health of its children.

IMPORTANT INFORMATION:

If you qualify as a SunSmart School you will be eligible to purchase a 60 cm x 90 cm SunSmart Centre metal sign, SunSmart certificate and resource material.

If you would like one sign, your school will be invoiced for a joining fee of \$50

Please don't forget to sign the SunSmart Centre / Pre-school Agreement on the following pages and also attach a copy of your sun protection policy.



SUNSMART SCHOOLS AGREEMENT

Terms and Conditions

If your centre or pre-school is accepted as a *SunSmart member*, you will be promoting the SunSmart and the Cancer Council Northern Territory's sun protection messages in your daily activities and providing a role model to other schools throughout the Northern Territory.

Schools participating in the SunSmart Early Childhood Program must agree to the following terms and conditions:

- To enforce their sun protection policy as documented
- To take reasonable steps to ensure that all staff, students and families are aware of the sun protection policy and its requirements
- To inform the Cancer Council NT of any changes to the school's policy and practices and anything else that may relate to or affect its inclusion in the SunSmart Early Childhood Program

The school agrees to comply with the following minimum standards:

- The policy is implemented all year round.
- Particular care is taken between 10am - 3pm when UV levels reach their peak.
- A combination of sun protection measures are considered when planning all outdoor activities. (eg recess, camps, excursions, sporting events, swimming carnivals).
- The centre or pre-school has sufficient shade or is working towards increasing the number of trees and shade structures so as to provide adequate sun protected areas.
- Children are encouraged to use available areas of shade for outdoor activities.
- Children who do not have appropriate hats or sun protective clothing are asked to play in the shade.
- All children wear a broad brimmed (minimum 7.5cm brim), legionnaire or bucket hat (deep crown and minimum 6cm brim) whenever they are outside.
- The use of wrap-around sunglasses that meet Australian Standard 1067 (Sunglasses – Category 2, 3 or 4) is encouraged. ***(Suggested.)***
- The use of SPF 30+ broad spectrum, water resistant sunscreen is encouraged, with time for application of sunscreen allowed.
- Staff Members are requested, and families and visitors to the centre or preschool are encouraged to act as role models by practising SunSmart behaviours
- Programs on skin cancer prevention are included in the planned experiences.
- Staff and families are provided with educational material on sun protection, the service's sun protection policy, and ways they can help support it.
- The centre / preschool reviews its sun protection policy at every two years by and revisors the policy as required.

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AGREEMENT:

.....
Name of service

agrees to the above stated terms and conditions of the SunSmart Early Childhood Program.

Centre / PreSchool CoCoordinator / Director:

.....
Name - please print

.....
Signature

.....
Date

Please forward these three completed documents:

- SunSmart Early Childhood Program Application Form
- Signed SunSmart Early Childhood Agreement
- Copy of your pre-school / centre's sun protection policy

to:

SunSmart Early Childhood Program
The Cancer Council Northern Territory
PO Box 42719
Casuarina NT 0811

Fax: 08 8927 4990