



Adelaide Miethke Kindergarten

Sun safety (Hot weather) policy

At Adelaide Miethke Kindergarten we promote sun safety as part of our educational program. We encourage parents to promote an awareness of the need to be sun safe at kindergarten as well as at home.

Staff monitor the daily UV rating using the Sun Smart app and follow guidelines outlined by the Cancer Council.

Hats for outside play

- All children will be provided with a kindy hat upon enrolment which protects their face, neck and ears e.g. bucket hat
- Spare hats are available for those occasions that a child does not have their hat.
- The kindergarten staff will encourage children to wear hats during outdoor play.
- Staff, volunteers and visitors will also wear hats when in the yard during these times.
- Hats are required on days where the UV rating is 3 or above.
- Baseball or peak caps are not acceptable

Sunscreen

- Parents are asked to apply sunscreen each day prior to coming to kindergarten.
- Sunscreen is available at the centre if required.
- Children who stay for a full day will reapply 50+ sunscreen at snack time and again at lunch time when the UV is above 3. We encourage children's independence by supporting them to apply sunscreen themselves.
- Sun protection is required on days where the UV rating is 3 or above.
- Sunscreen is applied 20 minutes before going outside and reapplied every 2 hours if remaining outside

Clothing

- Parents are encouraged to dress children in clothing that minimises heat gain and provides good sun protection, this includes covering shoulders. Please remember young children can become quite hot during periods of hot weather. Clothing in layers that can be easily removed during activity that is sun-safe is most suitable. Please see the [Dress Code Policy](#) for more information.

Shade

- Where possible activities conducted during periods of hot weather will be undertaken in shaded areas.

Drinks

- Families are asked to provide their child with a water bottle each day.
- Children will be reminded to drink water throughout the day, particularly during periods of hot weather.
- Water will be provided to children who do not have water bottles & bottles will be re-filled if empty.

Lunches

- Lunchboxes are provided by the kindergarten at enrolment to enable the safe storage of lunches in the fridge. Parents are asked to use the lunchbox provided as often as possible. Children are encouraged to place their lunchboxes on the kitchen bench upon arrival. Staff will place lunchboxes into the fridge.

Extreme hot weather

- During periods of extreme heat the centre is air-conditioned and will remain open, however parents are welcome to collect their children early if they wish.
- If outside play is offered it will be only in heavily shaded areas. On some occasions children may be kept inside or on the verandah. During times of extreme heat children will be encouraged to play quietly.

Curriculum

- SunSmart behaviour is embedded into the curriculum through our child protection curriculum.

References:

Cancer Council of South Australia - 'Be Sun Smart: Play Sun Smart' 2011
Approved – Governing Council

Updated: May, 2024

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