Hi Everyone,

I am excited to announce that I have been appointed Director for the next 3 years. I look forward to planning long term for the continual improvement of the Centre. The teaching position hasn’t been announced yet but I will let you all know as soon as I do!

😊 SUNSMART – As a staff and parent group (governing council) we have adopted the SunSmart Policy developed by Council Council SA. I have attached this policy. The main change is that we will be applying Sun Screen. If your child has an intolerance to Sunscreen, please supply your child with the appropriate cream. Our aim is to teach the children to properly apply their own sunscreen but always under supervision.

😊 BUSHFIRE INFORMATION – this is a very appropriate time to review our bushfire action plan. I have included a nice coloured brochure for you to fold and keep on the fridge! Please read carefully, it is an easy to read publication. Any questions please see me.

😊 We welcome our first group of ‘First term Intake’- Aled, Elka, Ella, Jada, Jarvis, Kane, Lara, Mitchell, Samuel, Saxan and Zoe. We look forward to getting to know you and your family and learning lots! This group will be the only children starting school in 2014, at the start of the year.

😊 Eat a Rainbow. Wow – your children (pre-school) are doing exceptionally well with most tasting the fruit and vegetables of the rainbow. (If not tasting they are using all other senses to explore) Chelsea and Lani are doing a fabulous job and we are indeed lucky to have such a program offered by Eastern Eyre Health. If you have not filled out a questionnaire, we have some at the Centre.

😊 Food – thankyou to parents who are clearly labelling their child’s food that contains nuts.

😊 A big thank you to Paul, Ava and Kobi Jenner, Rebecca and Fiona who came in on the weekend and did some gardening in the Rural Care area.

😊 Pre- School Parent Survey – please could you fill out this survey honestly and ASAP. For us to improve our services, we need your input. Of course, we would love to hear the positives also.

WHATS HAPPENING –by Michelle

- Nature has been the topic of interest over the past few weeks. Children have observed the minibeasts we have crawling, flying and jumping through the centre garden. Staff have enhanced this interest by providing learning experiences that allow children to investigate butterflies, ladybugs, spiders and much more. The bush walk and collection in Rural Care was a highlight with lots of bits and pieces collected to share with everyone back at the Centre.

- Wombat Stew has been our focus book this term in which the children have really embraced.

- The glue gun continues to be a popular part of the program.

- What is 10? has been our numeracy focus. We have been talking about and trying to make 10 in lots of different ways.

- We have a ‘tinkering table’ at the moment which children have enjoyed. If you have any old video or DVD players, phones, computer hard drives – we would love to take them apart!!

- If you have any questions about your child’s learning and development, don’t hesitate to come and see us or give us a call! Have a good weekend! 😊

Regards,

Bronwyn and Staff

PS SORRY THERE IS SOO MUCH TO TAKE IN THIS NEWSLETTER!!
CLEVE DISTRICT CHILDREN’S CENTRE

SUN SMART POLICY

Rationale

Australia has the highest incidence of skin cancer in the world with two out of every three people developing some form of skin cancer before they are 70. Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Sun exposure in the first ten years of life determines, to a substantial degree, the likelihood of skin cancer developing later in life. Cancer Council SA advises people protect their skin at times when the ultraviolet (UV) radiation level is 3 and above—this is when it is strong enough to cause damage to unprotected skin. For much of South Australia, UV radiation levels are 3 and above every day from September to April—it is during these months that sun protection is necessary. Cancer Council SA recommends that a skin protection policy be in place from 1 September until 30 April when UV radiation levels are 3 and above. It is highly recommended that UV radiation levels are monitored, particularly during May and August as they still may be 3 or above depending on your location. Cancer Council SA also recommends that particular care should be taken during these months between 10.00 am – 3.00 pm, when the UV radiation levels are at their highest. It is important to balance sun protection with safe sun exposure for the production of vitamin D for bone growth and development. During May to August, at times when the UV radiation level is below 3, sun protection for most people is not necessary.

Aims

The aims of the ‘Cleve District Children’s Centre’s skin protection policy’ is to promote among children, staff and parents:

- Positive attitudes towards skin protection.
- Lifestyle practices which can help reduce the incidence of skin cancer and the number of related deaths.
- Personal responsibility for and decision making about skin protection.
- Awareness of the need for environmental changes in our centre to reduce the level of sun exposure when the UV radiation level is 3 and above.

Implementation

This policy is for implementation from 1 September to 30 April. Outside of this time care should also be taken when the ultraviolet radiation level is 3 (moderate) and above.

The purpose of the policy is to ensure that all members of our Early Childhood Service are protected from skin damage caused by the harmful rays of the sun. Babies under 12 months need special consideration—see strategy 5. It is an expectation that all staff, students and parents of Cleve District Children’s Centre will use the following skin protection strategies:

1 Take care to protect the skin when the ultraviolet radiation level is 3 (moderate) and above. Extra care should be taken between 10.00 am and 3.00 pm when UV radiation levels are highest.

   1.1 The children’s lunch, rest time and indoor activities will be held between 10.00 am and 3.00 pm to minimise exposure to UV radiation in the middle of the day.

   1.2 Whenever possible, all outdoor activities will be scheduled before 10.00 am and after 3.00 pm or in the shaded areas of the service.
2 Use the shade of trees, pergolas, umbrellas and tents whenever outdoors.

   2.1 Tree planting will be organised at the service with priority given any open space grassed area.
   2.2 The sandpit and play equipment area to be a priority for shade structure planning
   2.3 The further provision of shade areas is a priority for the service.

3 Wear appropriate clothing which protects the skin.

   3.1 Children, staff and parents will be expected to wear a broad brimmed hat, legionnaire style hat, or a bucket hat (bucket hat must have a deep crown and minimum 5 cm brim for children under 5 years of age and 6 cms for older children and adults) whenever they are involved in outside activities. Children not wearing an appropriate hat will be expected to play in the shade.

   3.2 Children will be encouraged to wear shirts with collars and at least elbow length sleeves and longer style shortsskirts.

4 Apply a broad-spectrum, water resistant sunscreen with an SPF of 30+ to clean, dry skin, 15—20 minutes before going outdoors for lunch or activities. Sunscreen should be reapplied every two hours if outdoors for a prolonged period of time or more frequently if involved in water activities or perspiring.

   4.1 Adequate time must be allowed for correct application of sunscreen on children before they go outdoors.
   4.2 Parents will be encouraged to supply sunscreen for their children although there will be bulk sunscreen packs available at the service.
   4.3 Sunscreen will be applied before the children’s morning outdoor activities and again before they go outside in the afternoon at times between 10.00 am and 3.00 pm or when the UV is 3 and above.

5 The special needs of babies:

   5.1 Babies (under the age of 12 months) should be kept out of the direct sunlight as much as possible and always protected by shade, clothing and hats.
   5.2 Sunscreen should be applied to small areas of exposed skin not protected by clothing and hats, where necessary.

6 Reinforcing the SunSmart message in all service activities and in general service procedures is an important strategy in the adoption of skin protection behaviours.

   6.1 Staff will be encouraged to role model appropriate SunSmart strategies in all service activities.
   6.2 Skin cancer prevention will be included in appropriate teaching activities.
   6.3 Staff will be encouraged to keep up to date with new information and resources from Cancer Council SA.
   6.4 Information about the centre’s SunSmart Policy will be given to all new staff, students and families.

7 The ‘Cleve District Children’s Centre’s skin protection policy’ will be evaluated on a two yearly basis staff and Governing Council meetings

   7.1 Policy issues will be discussed at.

For more information please don’t hesitate to contact: Or visit our website on:

Cancer Council Helpline 13 11 20 www.sunsmart.org.au