

# Early Childhood newsletter

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Issue 12



## Skin protection—no time for complacency

Hello and welcome to the first edition of the Early Childhood Newsletter for this year. I would like to take this opportunity to remind all early childhood services about skin protection and the danger of becoming complacent about this important health area.

Australia has the highest rate of skin cancer in the world. Skin damage, including skin cancer, is the result of cumulative exposure to the sun with much of the damage occurring during childhood and adolescence. Most skin damage and skin cancer is preventable. Early childhood services are ideally placed to help reduce the incidence of skin cancer and the number of related deaths by actively encouraging all members of their community to use effective skin protection.

Skin protection has become well established and routine within most early childhood services and it is important that it does not get forgotten amongst all the other practices and procedures that services need to adhere to. Some important things to remember are:

- your policy is actively in place from the beginning of September until the end of April and when the UV level is 3 and above at other times
- your skin protection policy and practice is reviewed at least every two years, so that it remains current and relevant to your service
- the whole early childhood community is aware of when it is in place, including new families and staff members.

To assist with this process I have once again included a SunSmart policy checklist on the back of this newsletter. This will help when reviewing your skin protection policy to ensure that it meets the current recommendations of The Cancer Council.

## Joining the National SunSmart Early Childhood Program

Becoming a registered SunSmart Centre shows the wider community that there is a commitment to providing a sun safe environment for the children in your care. It is also a way of acknowledging the good work the service is doing in the area of skin cancer prevention.

If you would like to join the National SunSmart Early Childhood program and receive a large SunSmart Centre sign and free resource material, please download an application form from [www.sunsmart.org.au](http://www.sunsmart.org.au) or contact me by email on [cmcnamara@cancersa.org.au](mailto:cmcnamara@cancersa.org.au) or 08 8291 4149.

## Need a new SunSmart Centre sign?

If you are already a SunSmart Centre and your sign is looking old, please send me a purchase order for \$20 and I will send you out a brand new sign to brighten up your fence or wall.

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# New SunSmart Early Childhood Services

Congratulations to the following childcare services and kindergartens on joining the National SunSmart Early Childhood and Early childhood services program



City West Child Care Centre	Adelaide
TAFE SA O'Halloran Hill Campus	O'Halloran Hill
Local Kids Tanunda Blossom	Tanunda
Local Kids Victor Harbor	Victor Harbor
Oasis Child Care Centre Inc	Salisbury
Coach Road Child Care Centre	Aldinga
Local Kids Wireless Road	Mount Gambier
Hamley Bridge Kindergarten	Hamley Bridge
Local Kids Davoren Park	Davoren Park
Port Lincoln Children's Centre CCC	Port Lincoln
Tiny Tots Academy - Morphett Vale	Morphett Vale
Local Kids Kadina	Kadina
Seaford Rise Children's Centre and District Outreach	Seaford Rise
Local Kids Greenacres Child Care Centre	Greenacres
Aldinga Community Child Care Centre	Aldinga Beach
TAFE SA - Whyalla Campus Child Care Centre	Whyalla Norrie
Manor Farm Early Learning Child Care	Salisbury East
Seaford Districts Children's Centre (including OSCH & Seaford District Out Reach)	Seaford
Victoria Park Child Care Centre	Rose Park
Unley Early Learning Centre	Unley
TAFE SA - Mt Barker Campus Child Care Centre	Mount Barker
Salisbury Campus Child Care Centre	Salisbury East
Paradise Early Learning Child Care Centre & Kindergarten	Paradise
Salisbury Heights Pre-school	Salisbury Heights
Hallett Cove Pre-school	Hallett Cove
TAFE SA Tiny TAFE Child Care Pt Lincoln	Port Lincoln
Tumby Bay Kindergarten	Tumby Bay
Local Kids Montebello	Mount Gambier
Camden Park Child Care Centre	Camden Park
TAFE SA Port Adelaide Campus CCC	Port Adelaide
Craigmore Children's Centre	Craigmore
Two Wells Children's Centre	Two Wells
Mount Gambier Child Care Centre	Mount Gambier
Woodville West Kindergarten	Woodville West
Stepping Stones Morphett Vale	Morphett Vale
Morphett Vale Pre-school Kindergarten	Morphett Vale
Zion Pre-school	Gawler
ABC Learning Centre - Paralowie Central	Paralowie
Elizabeth Grove Children's Centre	Elizabeth Grive
Café Enfield Children's Centre	Enfield

The Pines Community Child Care Centre	Parafield Gardens
Rostrevor Kindergarten	Rostrevor
Kimba Community Kindergarten	Kimba
Export Park CCC & Kindergarten	Export Park
Ashton Kindergarten	Ashton
Precious Cargo Montessori	St Peters
McKay Children's Centre	Penola
Elliston RSL Memorial Children's Centre	Elliston
Roseworthy Campus Child Care Centre	Roseworthy
Salisbury Downs Preschool	Salisbury Downs
Stepping Stone Kidman Park	Payneham
COGS (Childcare on the Go Service)	Lameroo
Aldgate Kindergarten Inc	Aldgate

## Healthy food in South Australian schools and preschools

### The time's right for 'Right Bite'

An easy-to-use colour guide that rates groups of foods and drinks according to their nutrient content will come into play this year to help the State's schools choose healthy foods for their canteens.

Under the **Right Bite** strategy, food and drinks are classified into three categories according to their 'healthy eating' value:

- GREEN** Choose Plenty = the best choices for schools and preschools
- AMBER** Select Carefully = food and drinks that should be selected carefully
- RED** Occasionally = foods and drinks high in fat, sugar and/or salt, banned from sale in school canteens

The **Right Bite Easy Guide** includes nutrient criteria that schools can use to check the labels of commercially produced foods, such as snack bars and savoury foods, to determine their 'healthy eating' value.

Schools and preschools will not be prevented from fundraising through cake stalls or fetes on special occasions, but they are being encouraged to look at alternatives, such as healthier food options, walkathons, quiz nights and raffles rather than raising funds with high-fat and high-sugar foods.

The **Right Bite Easy Guide** and **poster** can be downloaded from the DECS website [www.decs.sa.gov.au/eatwellsa/](http://www.decs.sa.gov.au/eatwellsa/)

We suggest you keep an eye on this website because over the next few weeks a range of materials will be posted on this page to assist schools and preschools in the implementation of the Right Bite strategy. These will include Newsletter Inserts, Canteen Manual, Frequently Asked Questions, Menu Ideas, Right Bite Newsletter and more.

For more information contact:  
Maxine Panegyres  
Project Manager, Healthy Foods in Schools and Preschools  
t 08 8207 2536

# The Parents Jury

The Parents Jury is a web-based network of parents who wish to improve the food and physical activity environments for children in Australia. It is a forum for parents to voice their views on children's food and physical activity issues, and to collectively advocate for the improvement of children's food and physical activity environments (for example, reduced marketing targeted at young children, more healthy choices for school canteens, and making neighbourhoods safer and more child-friendly).



The Parents Jury is an initiative of Diabetes Australia - Vic, The Cancer Council Victoria, and the Australasian Society for the Study of Obesity, and receives no sponsorship from the food industry, the weight loss industry or the exercise/fitness industry.

Further information can be found at [www.parentsjury.org.au](http://www.parentsjury.org.au)

## From the Parents Jury

### The importance of fruit and vegies... 2 plus 5 every day

The Australian Government recommends that children eat plenty of fresh fruit, vegetables and legumes (dried beans, peas or lentils) every day to ensure they get an adequate intake of essential vitamins and minerals. The number of serves recommended varies depending on age and activity level but 2 fruit plus 5 veg is a good quantity to aim for with children aged over eight years old.

Serving size is sometimes a confusing issue. You don't need to be absolutely precise with servings but it is good to understand what to aim for.

A serve of fruit is:

- 1 medium piece such as an apple or banana
- 2 small pieces such as apricots or plums
- 1 cup of diced or canned fruit pieces
- ½ cup of pure fruit juice
- 1 ½ tablespoons of sultanas

A serve of vegetables is:

- 75g or ½ cup cooked vegetables
- 75g or ½ cup cooked dried beans, peas or lentils
- 1 cup of salad
- 1 potato

The Federal Government's Go for 2 & 5 website [www.gofor2and5.com.au](http://www.gofor2and5.com.au) has lots of interesting information, answers to commonly asked questions, recipe ideas and kids' activity suggestions.

## Parent champion ideas

### Tips for encouraging children to eat fruit and vegetables

- Fruit cut up into bite sized pieces can be a more appealing snack than whole fruit, especially for younger kids.
- Keep a bowl of fresh fruit handy for kids to snack on.
- Keep a plate of cut up vegetable sticks and low fat dip in the fridge.
- Kids love fresh fruit skewers or fruit pieces on cocktail sticks.
- Cut a variety of vegetables into small pieces and include in pasta sauce or stir fried rice and noodle dishes.
- Offer vegetables sticks for kids to snack on while they are waiting for dinner. They'll often munch on them happily when they are really hungry.
- Use low fat dips like hummus and tzatziki, or a sprinkle of soya sauce to make vegetables more appealing.
- Younger kids love creative displays of cut up fruit and vegetable pieces on their plate. Smiley faces are often a winner.
- Frozen fruit pieces make a refreshing summer snack.
- Fresh fruit smoothies with low fat milk and yogurt are a delicious breakfast or snack. Be creative and try different fruit combinations.

## Send us your SunSmart photo

If you have a good photo that shows how SunSmart your service is and you would like it included in a Cancer Council SunSmart Early Childhood newsletter please send it to me by email to [cmcnamara@cancersa.org.au](mailto:cmcnamara@cancersa.org.au). It might be at a special event, children with great hats on or staff being role models – the more SunSmart the better!

## The Cancer Council SA's Speakers Bureau

The Cancer Council South Australia provides speakers who will come to your centre to talk to **staff** and/or **parent** groups about skin cancer – from prevention to early detection.

Skin cancer prevention is a very popular topic and assists early childhood communities to remain up to date with information and available resources. Speakers can also provide presentations on 'Nutrition, lifestyle and cancer prevention' or 'Bowel cancer and bowel cancer screening'.

To book a speaker please contact the Speakers Bureau Coordinator on 08 8291 4111 or download the request forms from the Request for Speaker section at [www.cancersa.org.au](http://www.cancersa.org.au).

The Speakers Bureau does not cater for student groups. Contact **The Cancer Council Helpline 13 11 20** for information about student resources.



Please use this checklist as a quick check of your SunSmart policy and practice.



## Policy areview checklist for South Australian early childhood services

	The policy is implemented from the beginning of September until the end of April in South Australia and when the UVR level is 3 and above, at other times.
	All children and staff wear a broad brimmed, legionnaire or bucket hat (bucket hat must have a deep crown and minimum 5 cm brim for children under 5 years of age and 6 cm for older children and adults) whenever they are outside from Sept to end April and when the UV level is 3 and above outside of these times.
	Babies (under the age of 12 months) should be kept out of the direct sunlight as much as possible and always be protected by shade, clothing and hats. Sunscreen should only be applied to exposed skin not protected by clothing or hats, where necessary.
	Appropriate sun protective clothing is to be worn – no singlet or midriff tops are allowed.
	Staff to use available areas of shade for outdoor activities as much as possible.
	Children who do not have appropriate hats with them are asked to play in an area protected from the sun.
	Staff to act as positive role models by routinely practising SunSmart behaviours including wearing appropriate hats and clothing when outdoors.
	SPF 30+ broad spectrum, water resistant sunscreen is applied 15–20 minutes before going outside and reapplied regularly, where necessary.
	The wearing of sunglasses that have an Eye Protection Factor (EPF) rating of 10 and meet the Australian Standards AS/NZ1067:2003 is encouraged and allowed where appropriate.
	Appropriate information on skin protection is included in children's programming.
	SunSmart behaviour is regularly reinforced and promoted to the whole community (e.g. via newsletters) and all new families and staff members are informed of the policy.
	The service has sufficient shade or is working towards increasing the number of trees and shade structures so as to provide adequate sun protected areas.
	The skin protection policy is reviewed regularly (at least every 2 years) by monitoring the service's compliance with its policy and making suggestions for improvement.

If you have any questions or require further information please contact Carmel McNamara, SunSmart Early Childhood & Primary Early childhood service's Program on 08 8291 4149 or by email on [cmcnamara@cancersa.org.au](mailto:cmcnamara@cancersa.org.au)