

POLICY – Sunsmart

Rationale/Purpose

Too much exposure to ultraviolet (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of skin cancer. Australia has the highest rate of skin cancer in the world.

Guidelines:

The goals of the SunSmart Policy are to:

- Increase student and community awareness about skin cancer and sun protection
- Encourage the community to use a combination of sun protection measures, especially in terms 1 & 4

Implementation:

All children and staff use a combination of sun protection measures to ensure they are well protected from sun exposure. Particular care is taken between 10 am and 2 pm (11 am and 3 pm daylight saving time) during terms 1 and 4.

Shade

- The school council makes sure there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where students congregate e.g. outdoor lesson areas and popular play areas.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- Children are encouraged to use available areas of shade when outside.
- Children who do not have appropriate hats or outdoor clothing are instructed to play in the shade.
 - The school develops an extreme weather policy restricting outdoor play in extreme heat.

Clothing

-Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is made of close weave fabric and includes shirts with collars and longer sleeves, longer style dresses and shorts.

Hats

-Children are required to wear hats that protect their face, neck and ears, i.e. broad brimmed hats, whenever they are outside in terms one and four.

Sunglasses [SUGGESTED]

-Children and staff are encouraged to wear close fitting, wraparound sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

Sunscreen

-Parents should supply their child with SPF 30+ broad spectrum, water resistant sunscreen and ensure their child knows how to apply sunscreen themselves. Staff will not rub sunscreen onto children. They will however allow time before breaks for the children to apply it themselves.

Role modeling

-Staff act as role models by:

- wearing sun protective hats, clothing and sunglasses when outside, applying SPF 30+ broad spectrum, water resistant sunscreen and seeking shade whenever possible

Curriculum

-SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school homepage, staff meetings, assemblies and on student enrolment.

- Whenever possible intra/ inter school sport in terms one and four is played in the morning to ensure students are not playing sport in the hottest part of the day.

Evaluation: In accordance with the DEECD Guidelines

References: SunSmart Schools and Early Childhood Program The Cancer Council Victoria

Ratified: 17th May 2011

To be Reviewed: 2014