



SUN PROTECTION POLICY

RATIONALE

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.

This policy is followed from the beginning of September until the end of April when UV radiation is most intense in Victoria.

OBJECTIVES

The goals of the Sun Protection Policy are to:

- Increase student and community awareness about skin cancer and sun protection
- Encourage the entire school community to use a combination of sun protection measures from September to April
- Work towards a safe school environment that provides shade for students, staff and the school community
- Assist students to be responsible for their own sun protection
- Ensure that families and new staff are informed of the school's Sun Protection Policy


OUR SUN PROTECTION STRATEGIES

All children and staff use a combination of sun protection measures throughout the day to ensure they are well protected. Particular care is taken between 10 am and 2 pm (11 am and 3 pm daylight saving time) when UV levels reach their peak.

Our SunSmart policy is considered when planning all outdoor events e.g. assemblies, camps, excursions and sporting events. Where possible, we have outdoor activities or events earlier in the morning or later in the afternoon, or we try using indoor venues.

1. 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. lunch, canteen, outdoor lesson areas and popular play areas.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- The availability of shade is considered when planning excursions and all outdoor activities.
- Children are encouraged to use available areas of shade when outside.

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- Children who do not have appropriate hats or outdoor clothing are asked to play in the shade.

2. 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 and rash vests or t-shirts for outdoor swimming.

3. Hats

- Children are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats, whenever they are outside.
- Hats must be worn from 1st September each year until 30th April in the following year, when outside for any reason.

(Please note: Baseball caps do not offer enough protection and are therefore not recommended.)

4. Sunglasses [SUGGESTED]

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

5. Sunscreen

SPF 30+ broad spectrum, water resistant sunscreen is available for staff and children's use. Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours if outside for long periods.

Role modelling

- Staff act as role models by:
 - wearing sun protective hats, clothing and sunglasses when outside
 - applying SPF 30+ broad spectrum, water resistant sunscreen
 - seeking shade whenever possible
- Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses and sunscreen) when participating in and attending outdoor school activities.

Curriculum

Programs on skin cancer prevention are included in the curriculum for all grade levels.

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

REVIEW

The school council and staff monitor and review the effectiveness of the sun protection policy every three years and revise the policy when required.

Adopted by School Council – May 2012

