

Sun Protection Policy

Context:

Australia has the highest rate of skin cancers in the world, affecting two out of three Australians at some time in their lives.

It is estimated that 80% of these concerns are preventable by the development of safe practices and limiting exposure to ultra-violet rays.

As students are at school during the high ultra-violet period each day for five days each week, the school has the potential to significantly reduce the level of sun exposure sustained by children.

Outcomes:

- positive attitudes towards skin protection evident.
- school community aware of and using sun-safe practices.
- school programs include sun-safe practices.

Implementation:

1. Curriculum

Learning about the relationships between the sun exposure and skin cancer and ways of reducing risk is presented in the Health and Physical Education study area.

2. Outdoor Activities

Outdoor activities, for example Physical Education lessons, will be planned considering sun-safe practices. This may include being scheduled out of peak exposure periods (10am – 3pm in Summer) or being held in shaded areas.

3. Hats

The School Council provides hats free of charge to all students when starting at the school. A student's parent/caregiver will need to replace their child's when needed or if damaged.

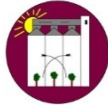
The hats provided are in accordance with the Cancer Council South Australia recommendations of protecting ears, face and back of the neck. Broad-brimmed or bucket style are available.

Students are required to wear their hats for all outside activities from **1 August until 30 April**. From **May until July** students may be required to wear school hats when the UV is 3 and above. When UV is below 3, students may remove their hats for exposure to UV for Vitamin D. A "No Hat, Play In The Court Yard Shade" policy will exist for all students participating in outdoor activities. Students without the required hat will remain under the pergola area at playtime or be supervised in another class in lesson time.

4. Sunscreen

Students will be encouraged to apply **SPF 30+ or above sunscreen** (not zinc cream) **between 1 August until 30 April and when the UV is 3 and above**. Some sunscreen will be provided but students are encouraged to supply their own for use at school.

Students will be encouraged to apply sunscreen in the mornings before school and every two hours, if outside. It is recommended that parents/caregivers apply sunscreen to their children before school. At the beginning of each year parents/caregivers will be asked to sign permission forms for students to use the sunscreen which is provided by the school.



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5. Sunglasses

Students are encouraged to wear sunglasses for outdoor activities but parents should check that they are approved by the Anti-Skin Cancer Foundation.

6. Dress Code

Students are encouraged to wear school uniform as outlined in the Uniform Policy. Clothing for school wear needs to protect students from skin exposure to UV. Therefore clothing such as tank tops and halter neck tops are unacceptable for wearing at school because of increased skin exposure. Clothing made from cool, closely woven fabric is recommended. Tops with elbow length sleeves and, if possible, collars and knee length or longer style shorts and skirts are recommended.

7. Shaded Areas

The school is well serviced by shaded areas, provided by trees and verandahs. **On days when the UV is 3 and above students at playtime** will be directed towards shaded areas or indoor areas of the school. This will also apply on days of extreme heat.

8. Staff

School staff will act as responsible role models by:

- practicing sun-safe procedures.
- wearing protective hats and appropriate clothing for outdoor activities.
- using sunscreen.
- using shaded areas where possible.

9. Parents/Caregivers

All parents to be informed of this policy and the reasons for its use.

On enrolling a student, new parent/caregivers will:

- be informed of the sun protection policy.
- be provided with a hat for each enrolled student.
- be encouraged to provide a suitable SPF 30+ or above sunscreen for their child's use.
- be encouraged to practise sun-safe behaviour themselves.

This policy was last ratified by Governing Council in.....

November 2017

Review: 2020