



## Edwardstown Primary School

# SUN PROTECTION POLICY

### RATIONALE

In Australia, over 400,000 people are diagnosed with skin cancer every year, with at least 2 in 3 treated for skin cancer before the age of 70. Over 1,700 people die from skin cancer each year in Australia.

Nearly all skin cancer can be prevented by protecting the skin from overexposure to UV radiation. Too much UV radiation from the sun can cause sunburn, skin damage (e.g. wrinkles, blotches and other signs of ageing), eye damage and skin cancer. Most skin damage and skin cancer is, therefore, preventable. Skin damage, including skin cancer, is the result of cumulative exposure to UV radiation from the sun. UV radiation can be high even on cool and overcast days, so clear skies and/or high temperatures cannot be used to determine when sun protection is needed.

The crucial period for sustaining damaging levels of UV radiation exposure occurs during childhood and adolescence and students are at school during high-risk UV radiation times five days a week.

Our school can help reduce the incidence of skin cancer and the number of related deaths by encouraging all members of the school community to take effective skin-protection measures.

### AIMS

The aims of the Sun Protection Policy are to promote among students, 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 schools to reduce the level of exposure to the sun.

### IMPLEMENTATION STRATEGIES FOR SKIN PROTECTION

This policy is for implementation throughout the year when the UV radiation levels are 3 and above, which is always from 1 September to 30 April. The purpose of the policy is to ensure that all children attending our school are protected from skin damage caused by the harmful ultraviolet rays of the sun.

#### 1. As part of general skin-protection strategies from 1 September to 30 April:

- 1.1. Children will wear broad brimmed or legionnaires hats which protect the face, neck and ears whenever they are outside eg: sport, sports carnivals, outdoor excursions, lunch and recess activities and lessons.
- 1.2. Children who do not have their hats with them will sit in a designated area protected from the sun.

- 1.3. Children will be encouraged to seek out and use available areas of shade for outdoor play activities.
- 1.4. Outdoor activities will be held in areas of shade whenever possible.
- 1.5. Teachers will use a combination of skin protection measures when planning outdoor events e.g. camps, sporting activities, swimming carnivals
- 1.6. Teachers will schedule outdoor activities outside peak sun protection times whenever possible. The UV forecast and peak sun protection times each day can be sourced from the Bureau of Meteorology ([www.bom.gov.au/sa/uv/](http://www.bom.gov.au/sa/uv/)) or SunSmart app and/or widget (<https://www.cancersa.org.au/cut-my-risk/sunsmart/resources/sunsmart-app-and-widget>).
- 1.7. Children will wear appropriate skin protective clothing including tops with collars and longer sleeves and longer-style shorts, skirts and dresses.
- 1.8. Children will be encouraged to apply SPF30+ broad spectrum, water resistant sunscreen 20 minutes before going outdoors and reapplying every 2 hours if outdoors for extended periods or more often in involved with water activities.
- 1.9. Staff will be encouraged to act as role models by practising Sun Protection behaviour including:
  - 1.9.1. wearing protective hats and appropriate clothing for all outdoor activities
  - 1.9.2. using a SPF 30+ broad spectrum, water-resistant sunscreen
  - 1.9.3. seeking shade whenever possible.

## **2. Our school will:**

- 2.1 Ensure that school hats are appropriate and satisfy Cancer Council SA guidelines.
- 2.2 Ensure that adequate shade is provided at sporting carnivals and outdoor events and in the school grounds
- 2.3 Endeavour to provide more shelters and shade trees so as to provide sufficient and adequate sun protected areas
- 2.4 Provide SPF 30+, broad-spectrum, water-resistant sunscreen for staff and student use, whenever possible.
- 2.5 Incorporate programs on skin cancer prevention, sun protection and vitamin D in its curriculum for all year levels.
- 2.6 Encourage no skin protection practices on days when the UV radiation levels are below 3, so all will receive adequate vitamin D from the sunlight, vital for the development and maintenance of strong, healthy bones.
- 2.7 Reinforce regularly the Sun Protection Policy in a positive way through newsletters, parent meetings, student and teacher activities.
- 2.8 Review its sun protection policy regularly (at least every three years) to ensure that the information remains current and relevant.
- 2.9 Encourage visitors to role model SunSmart behaviours.

## **3. When enrolling a child, parents will be:**

- 3.1 Informed of the Sun Protection Policy
- 3.2 Requested to purchase a school hat or provide an appropriate hat for their child's use
- 3.3 Encouraged to provide SPF 30+ broad-spectrum, water-resistant sunscreen for their child's use.
- 3.4 Encouraged to practise skin-protective behaviours themselves, both at school and at home.