



## Edwardstown Primary School

# SUN PROTECTION POLICY

### RATIONALE

In Australia, over 950,000 cases of skin cancer are treated every year, and at least 2 in 3 people will be diagnosed with skin cancer before the age of 70. Over 2,000 Australians die from skin cancer each year.

It is estimated 95-99% of skin cancers are caused by overexposure to UV radiation, and can therefore be prevented by protecting the skin when the UV Index is 3 and above. 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, and the damage is cumulative and irreversible. UV radiation cannot be seen or felt, and differs from infrared radiation that we feel as heat, and therefore UV levels are unrelated to temperature. UV radiation levels 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.

Sun exposure during childhood and adolescence is a critical factor in determining future skin cancer risk. Students are at school during high-risk UV radiation times five days a week. Our school can help reduce the risk of skin cancer for students and staff by encouraging all members of the school community to take effective skin-protection measures when the UV is 3 and above.

### 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
- \* assist students to be responsible for their own skin protection
- \* encourage the entire school community to combination of sun protection measures when the UV is 3 and above.

### IMPLEMENTATION STRATEGIES FOR SKIN PROTECTION

This policy is for implementation in Terms 1, 3 and 4, and when the UV is 3 and above at other times. The purpose of the policy is to ensure that all children and staff attending our school are protected from skin damage caused by overexposure from the harmful ultraviolet rays of the sun.

#### 1. As part of general skin-protection strategies in Terms 1, 3 and 4:

- 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. Hats should be in school colours and are available from the school uniform shop.
- 1.2. Children who do not have their hats with them will sit in a designated area protected from the sun. Please note hats cannot be on loan if a student has forgotten or lost their hat.

- 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 daily 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/)), SunSmart app and/or widget (<https://www.cancersa.org.au/cut-my-risk/sunsmart/resources/sunsmart-app-and-widget>), or [www.myuv.com.au](http://www.myuv.com.au).
- 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 are required to apply SPF30+ broad spectrum, water resistant sunscreen 20 minutes before going outdoors and reapply every 2 hours if outdoors for extended periods, or more often in involved with water activities.
- 1.9. As part of WHS UV risk controls and role modelling, when the UV is 3 and above staff will :
  - 1.9.1. wear sun protective hats and appropriate clothing for all outdoor activities
  - 1.9.2. use a SPF 30+ broad spectrum, water-resistant sunscreen
  - 1.9.3. seek shade whenever possible.

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

- 2.1 Ensure that sun protection measures comply with the Department for Education and 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 and sun protection 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. Sensible sun protection when the UV is 3 and above does not put people at risk of vitamin D deficiency.
- 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.

## **HOT WEATHER**

**4. When the temperature is 36 degrees or above, children have a normal recess break. At lunch they go outside from 1:05pm-1:25pm only and stay in the shade. At 1:25pm students return to rooms and teachers share supervision. The normal yard duty roster remains however the changeover time from the first teacher to the second is 1:15pm**

**Policy dated:** August 2018

**Next Review:** August 2021