

## 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.

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 from 1 August to 30 April (Terms 1, 3 and 4) and applies to all school events on and off-site. 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 August to 30 April (Terms 1, 3 and 4) and during Term 2 when the UV radiation levels are 3 and above:**
  - 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 or wearing appropriate clothing 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 UV Radiation times whenever possible. The UV forecast and sun protection times 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 sun protective clothing made of a closely woven material, including tops with collars and longer sleeves and longer-style shorts, skirts, and dresses.
  - 1.8. Strategies are in place to remind students to apply sunscreen SPF 50+ before going outdoors, 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. 1.9 For Work Health and Safety and role modelling, when the UV is 3 and above, staff are required to practice SunSmart behaviours including:
    - 1.9.1. wearing protective hats and appropriate clothing for all outdoor activities
    - 1.9.2. using a SPF 30 or higher 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 or higher broad spectrum, water resistant sunscreen for staff and student use.
  - 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 50+ broad-spectrum, water-resistant sunscreen for their child's use and supply sunscreen if their child has sensitive skin and the supplied product is not suitable.
  - 3.4 Encouraged to practise skin-protective behaviours themselves, both at school and at home.
- 4. When the temperature is 36 degrees or above, children have a normal recess break. At lunch, students return to rooms and teachers share supervision.**