

# O'Sullivan Beach Primary School



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Our CARE values of Co-operation, Achievement, Respect and Empathy guide all our actions.

## Sun Smart Policy at O'Sullivan Beach Primary School

### Rationale

Australia has the highest incidence of skin cancer in the world, with 2 out of every 3 people developing some form of skin cancer in their lifetime.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun.

Sun exposure in the first 10 years of life substantially determines the likelihood of developing skin cancer later in life.

Cancer Council SA advises people to protect their skin when the ultraviolet (UV) radiation level is 3 or above – this is when it is strong enough to cause damage to unprotected skin.

### Purpose:

- Ensure that all members of our school are protected from skin damage caused by the harmful rays of the sun.
- Encourage the entire school community to understand the reasons behind sun protection measures.
- Work towards a safe school environment that provides shade for students, staff, and the school community at appropriate times.
- Assist students to be responsible for their own sun protection.

### Policy implementation times

Our sun protection policy will be in effect for school terms 1, 3, and 4, and will be advised by staff during term 2, based on daily sun protection times sourced from the SunSmart Global UV app.

### Strategies

It is an expectation that all staff, students, and parents of O'Sullivan Beach Primary School abide by the following sun protection strategies:

#### Hats

All students are required to wear the school bucket hat to protect their faces, necks, and ears whenever they are outside. Baseball or peak caps are not acceptable. Students should always have their bucket hat with them whilst attending school. The school has a limited number of spare hats available for student use.

#### Clothing

Sun protective clothing is included in the school uniform/dress code. Our clothing is cool, loose-fitting and made of closely woven fabric, including a polo shirt, and knee-length shorts or skirts are encouraged. Rash tops or t-shirts over bathers are recommended for outdoor swimming activities.



## **Sunscreen**

- Students should apply sunscreen before leaving home in the morning.
- Sunscreen is applied before going outdoors.

The school supplies SPF 50 broad-spectrum, water-resistant sunscreen for staff and students to use in each building. Students can provide their own SPF 30 or higher broad-spectrum, water-resistant sunscreen. If your child has any allergies to sunscreen products, please inform the school.

- Strategies are in place to remind students to apply sunscreen before going outdoors (reminder notices) and reapply every 2 hours when remaining or returning outdoors.

## **Shade**

- The availability of shade is considered when planning excursions and all other outdoor activities.
- Staff are to use available areas of shade for outdoor activities as much as possible.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats or clothing are asked to play in the shade or a suitable area protected from the sun.

## **Scheduling**

- Care is taken during the peak UV radiation times, and outdoor activities are scheduled outside of these times or in the shade where possible.
- Sports days and other outdoor events to be held in late term 1 or during term 2, or will occur earlier in the day, where practical.
- A combination of sun protection measures is considered when planning outdoor activities such as camps, excursions, sporting activities and water-based activities.
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## **Staff WHS and role modelling:**

For work health and safety and role modelling, during terms 1, 3 and 4 and when the UV is 3 and above at other times, staff are required to practice SunSmart behaviours, including:

- wearing sun protective hats, clothing, and sunglasses (optional) when outside
- applying SPF 50+ broad-spectrum, water-resistant sunscreen
- seeking shade whenever possible.

Families and visitors are encouraged to use a combination of sun protection measures, e.g., sun-protective clothing and hats, sunglasses, sunscreen, and shade, when participating in and attending outdoor school activities.

## **Curriculum**

- Programs on skin cancer prevention are included in the curriculum for all year levels.
- SunSmart behaviour is regularly reinforced and promoted to the whole-school community through newsletters, school socials, parent meetings, staff meetings, school assemblies, student information packs, student and teacher activities.

### **Communication and review**

This policy has been approved in conjunction with the relevant school staff and governing council members.

This policy will be reviewed every 3 years, with the next review scheduled for November 2027. The information has been extracted from the [Cancer Council SA SunSmart policy](#).