



SUNSMART POLICY

This policy applies to all outdoor activities, on and off site.

Rationale

Australia has one of the highest incidences of skin cancer in the world, with skin cancers accounting for around 80% of all new cancers diagnosed each year in Australia.

There are three factors, often occurring simultaneously, which contribute to these statistics:

- Ultraviolet light from the sun is of sufficient intensity to induce skin cancer in South Australia for most of the year.
- For many years social values have supported the belief that a suntan is healthy and attractive.
- Lifestyle, work, school and recreational habits expose people to the sun for long periods.

Aims

The purpose of the policy is to ensure that all members of our primary school are protected from skin damage caused by the harmful UV rays of the sun.

The aims of the Kongorong Primary School Sun Smart Policy are to promote among children, 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 at our school to reduce the level of exposure to the sun

Implementation

This policy is for implementation during Terms 1, 3 and 4 and whenever UV is forecast 3 or above, at other times.

Staff are encouraged to access the daily local sun protection times using the SunSmart widget or the Bureau of Meteorology website, accessible via our Frog page and as displayed in the Front Office.

If UV is forecast to reach 3 or above, sun protection measures are implemented from the beginning to the end of the school day where children are outdoors.

It is an expectation that all staff, students and parents of Kongorong Primary School (including kindergarten) will use the following skin protection strategies:

- Children are required to wear a SunSmart hat during outdoor activities when the UV is 3 and above.
- When the UV is 3 and above, students eat lunch in a shaded area and staff encourage play in shaded areas.
- A combination of sun protection measures for all outdoor activities whenever the ultraviolet radiation level is 3 (moderate) and above.

- Take particular care during the peak UV radiation times of the day. All activities will be scheduled outside of these times, where possible, or conducted indoors, or in the shaded areas of the school.
- Babies (under the age of 12 months) should be kept out of the direct sunlight as much as possible when the UV radiation is 3 and above. Babies should be protected by using shade, clothing and hats.
- Staff will consider a combination of sun protection measures when planning outdoor activities, including excursions, camps, water-based activities and sporting activities.
- Students are encouraged to use the shade of trees, pergolas etc whenever outdoors.
- The provision of additional shade areas will appear as a priority on any forward planning documents for the school.
- Students, staff and parents will be expected to wear a bucket hat with a deep crown whenever they are involved in outside activities.
- Students will be encouraged to wear shirts with collars and at least elbow length sleeves, longer style shorts/skirts and rash vests or t-shirts for outdoor swimming.
- Children not wearing appropriate sun protective hats or clothing will be expected to play in the shade.
- SPF 30 or higher broad-spectrum, water-resistant sunscreen is supplied by the centre for children and staff use. Alternatively, families and staff are asked to supply their own sunscreen. Students will be encouraged to apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher to clean, dry skin, 20 minutes before going outdoors for lunch or curriculum activities. Sunscreen should be reapplied every two hours when outdoors, or more frequently if involved in water activities or perspiring.
- Adequate time will be allowed for students to apply sunscreen before going outdoors.
- Parents will be encouraged to supply sunscreen for their children, although there will be bulk sunscreen packs available in all classrooms.
- Students are to come to school wearing sunscreen. Sunscreen application will be actively encouraged during any outdoor activity between the daily local sun protection times.
- Reinforcing the Sun Smart message in all school activities and in general school procedures is an important strategy in the adoption of the skin protection behaviours.
- UV exposure is an occupational health and safety risk. Staff are required and parents are encouraged to routinely role model appropriate sun protection strategies in all school activities.
- Skin cancer prevention will be included as part of the curriculum at each year level.
- Staff will be encouraged to keep up to date with new information and resources through contact with Cancer Council.
- Sun protection is incorporated into the learning framework and/or planned experiences.
- Families and visitors are encouraged to use a combination of sun protection measures when participating in or attending outdoor activities.
- Information about the school's Sun Smart Policy will be given to all new staff, students and families.
- The Kongorong Primary School Sun Smart Policy will be reviewed on a biennial basis with staff, student and Governing Council input.