



SUN SMART POLICY

Rationale:

Australia has the highest incidence of skin cancer in the world, with skin cancers accounting for 80% of all new cancers diagnosed each year in Australia. Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Much of the damage occurs during childhood and adolescence.

Research suggests that severe sunburn is a contributor to skin cancer and other forms of skin damage such as wrinkles, sunspots, blemishes and premature ageing. Most skin damage and skin cancer is, therefore, preventable.

Schools are ideally placed to help reduce the incidence of skin cancer and the number of related deaths by encouraging all members of the school community to use effective skin protection.

A balance of ultraviolet (UV) radiation exposure is important for health. We have outlined the dangers of too much of the sun's radiation. However, too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

Aims:

The Tea Tree Gully Primary School Sun Smart policy aims to promote among all children, staff and parents:

- Positive attitudes towards skin protection
- Lifestyle practices that can help reduce the incidence of skin cancer and the number of related deaths
- Personal responsibility for the decision making about skin protection

Strategies:

Sun Protection Strategies will be implemented during term 1, 3 and 4 and when the UV reaches 3 or above at other times.

- Sun safe hats (broad brimmed or legionnaires) are to be worn when outside for lessons or at play times. Students who do not have an appropriate hat will be directed to a shaded area to sit and play quietly
- In Term 2 the wearing of hats is optional on days when the UV is below 3. However, we do recommend periods of time with no hats during Terms 2 to ensure low level exposure to UV radiation for Vitamin D

- Students will be encouraged to wear appropriate clothing that protects the skin eg. Collared shirts, sleeved garments, and longer hems. The school uniform includes these items and students not wearing them outdoors will be directed to sit and play quietly in the shade.
- Students will be encouraged to apply water-resistant, broad-spectrum sunscreen (SPF 50+) to clean, dry skin, 20 minutes before going outdoors for lunch or curriculum activities. Sunscreen should be reapplied every two hours if outdoors for a prolonged period (eg. sports events, Sports days, excursions, camps) or more frequently if involved in water activities.
 - The Sun Smart message will be reinforced during school activities and through Health lessons
 - Current research will be used to influence our decision making around sun safety
 - Families and visitors are encouraged to use sun protective measures when participating in activities at the school, families will be provided with information about the policy at enrolment.
 - For their WH&S and as role models, staff are required to practice sun protection measures by wearing sun protective clothing, seeking shade, wearing sunscreen and wearing a sun protective hat when outdoors.
 - Sun protective measures will be considered when planning events and excursions
 - Outdoor activities and lessons will be scheduled outside of peak UV times where possible or in the shade.
 - The school will check the daily UV rating to support the implementation of this policy.

This policy will be reviewed every three years.