

# The Pines School SunSmart Policy



## **Policy Rationale**

We know that excessive UV exposure can cause skin damage and lead to skin cancer. School-aged children receive an hour of direct sunlight daily on average. Regular use of sunscreen, hats and protective clothing has been proven to reduce the risk of skin cancer in both the short and long term.

It is our responsibility to educate students and provide a safe environment for our children. Proactive staff can encourage our students to take appropriate and effective skin-protection measures. Our aim is for our students to participate in safe outdoor activity both at school and home, using the SunSmart message as a guide to good skin care.

The sun's UV radiation is both a major cause of skin cancer and the best natural source of vitamin D. Vitamin D is important for strong bones, healthy muscles and general health. When UV levels are 3 or higher most people need just a few minutes of sun in the morning and/or afternoon to get a sufficient amount of vitamin D. Individuals should be sun-smart between the hours of 11am and 3pm. When UV levels fall below 3, children need around 2 to 3 hours of direct sunlight each week.

## **The purpose of this policy is to:**

- Promote positive attitudes towards skin protection.
- Provide all children protection from sun damage.
- Encourage education and personal responsibility for skin protection.

## Skin Protection Strategies

Cancer Council recommends that a combination of sun protection is used when UV levels reach 3 and above. Our school will consistently implement the following strategies from 1 September – 30 April and any other time when UV rating is 3 and above:

### Clothing

- It is recommended by the Cancer Council that clothing should cover shoulders, arms and protect the back of the neck when UV levels are 3 and above.
- Our school uniform includes collared shirts with elbow length sleeves and pants/longer style shorts to provide students with adequate protection from the sun when outdoors. Singlets are not permitted.



### Hat Policy

- It is compulsory for students to wear a hat outdoors between 8.50am and 3pm. This includes fitness, PE, yard play, excursions and any activity that is based outside.
- We recommend that children wear a broad-brimmed or legionnaire hat. Caps are not permitted.
- Parents and children are responsible for providing and naming a hat.
- Broad-brimmed hats can be purchased at the Front Office.
- Children are advised not to share hats for health risks (eg, head lice).
- If students do not have appropriate hats, they will be required to remain under the shaded area in front of the GLA Building. Parents will be contacted if a child consistently does not wear an appropriate hat.



## Sunscreen Policy

- Parents are encouraged to apply a high rating broad-spectrum, water resistant sunscreen (SP30+) before school.
- All classrooms will have a high rating broad-spectrum, water resistant (SP30+) and Cancer Council approved sunscreen available for students to apply. This will be the responsibility of the child.
- Families will supply sunscreen for children who may be sensitive to various creams. This will be accompanied with a note from parents/carers.



## Staff and School Responsibilities Regarding This Policy

- Staff will be encouraged to act as role models by wearing protective hats and appropriate SunSmart clothing.
- Staff will encourage students to apply sunscreen before going outdoors and reapply sunscreen every 2 hours if outdoors for extended periods.
- Where possible staff will set up outdoor activities in appropriately shaded areas in conditions where the UV rating is 3 and above.
- Staff will ensure that sun exposure will be considered in the risk assessment when organising outdoor activities, excursions and events. This should include assessing UV levels, shade availability, clothing and sunscreen application/reapplication.
- Staff will include information about the importance of skin protection in the educational for the children.
- Parents will be made aware of this policy upon enrolment at The Pines.
- Recently, playground equipment areas have been provided with shade cloths. The school will continually ensure there is sufficient shade available for safe outdoor play.
- Encourage and embed the Slip, Slop, Slap, Seek and Slide message within our school community by encouraging families and volunteers to role-model SunSmart behaviours including wearing hats SunSmart clothing when attending and volunteering at school activities and excursions.
- To review this policy yearly.



## Hot Weather Policy

- If the weather forecast for Elizabeth is 36° C or above at 12.40pm, the Hot Weather policy is enforced. If the temperature has not reached 36° C by recess time, students are encouraged to play in the shaded/sheltered areas of the school and hats must be worn. At lunchtime the Hot Weather buddy system becomes effective to release staff. As all classrooms are air-conditioned, students are to be supervised within the classrooms.



*Created March 2015*