



Owen Primary School

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Owen Primary School Sun Smart policy

Purpose

The sun smart policy has been developed to;

- increase the entire school community's awareness of skin cancer and the importance of skin protection
- increase the school community's awareness of the importance of a healthy balance between UV exposure and UV protection
- encourage the use of a combination of sun protection strategies which will lower the risk of skin damage and skin cancer
- encourage children's personal responsibility for and decision making about skin protection
- Increase awareness of the need for environmental changes in our school to reduce the level of exposure to the sun.

Scope

This policy identifies the rationale behind sun protection for children and the procedures implemented in accordance with the Cancer Council SA Sun Smart guidelines.

Policy Detail

Rationale

Australia has one of the highest incidences of skin cancer in the world with two in three people developing some form of skin cancer before the age of 70. UV radiation levels peak over the middle of the day when the sun is directly overhead. A UV radiation level of 3 is high enough to cause skin damage to unprotected skin therefore it is important to protect skin when the UV radiation level is 3 and above.

While too much exposure to UV radiation will cause skin damage, too little can lead to vitamin D deficiency. Vitamin D is important for the development of healthy bones, muscles and teeth.

At Owen Primary School we expect staff, students and volunteers to wear hats and practice sun protection behaviours all throughout the year.

Sun Protection Measures

Our school will ensure our staff and students use a combination of sun protection strategies throughout the year.

Clothing

Including sun protective styles of clothing as part of our school uniform/dress code

- shirts with collars
- longer style shorts, skirts, dresses
- rash tops or T-shirts for outdoor swimming activities.

Hats

All students and staff are required to wear a hat that gives good cover to the face, neck and ears whenever they are outside. Broad brimmed (no cord attached) are recommended. Baseball caps or peak caps are not acceptable.

Students who do not have a hat will be asked to play in areas protected from the sun.

- broad brimmed hats are part of the uniform policy

Sunscreen

Supplying and actively encouraging the application of SPF 30+ or higher broad spectrum, water resistant sunscreen 15-20min before outdoor activities

- allocating time for application of sunscreen before outdoor lessons/ activities.
- reminding students to apply sunscreen before going outdoor for breaks—particularly at lunchtime
- reapplication every two hours if outdoor for longer periods of time (excursions, sports activities)

Shade

Using shade outdoors as much as possible

- encourage children to use shaded areas as much as possible
- consider shade when planning any outdoor activity - excursions, sporting carnivals

Outdoor Activities

- extra care is taken between the peak UV times of the day
- assemblies, fire drills, sports activities and excursions are planned earlier in the morning or later in the afternoon or at an indoor venue

Role Modelling

Staff, parents and volunteers are to be role models for students by wearing sun protective clothing, hats and sunscreen, and using shade as much as possible when outdoors.

Curriculum

- skin cancer prevention education included in the curriculum across all year levels
- Sun Smart message reinforced at school assemblies, newsletters, permission notes, school website, staff, SRC and school council meetings.

Monitoring, evaluation and review

- to ensure policy and practises are up to date and relevant to our school community the sun protection policy will be reviewed and discussed at staff, SRC and school council meetings and changes made where necessary.