



SunSmart Policy

Ridgehaven Primary School

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Rationale

Australia has one of the highest rates of skin cancer in the world. The major cause of skin cancer is overexposure to the ultra-violet rays of the sun over many years. As children spend more time outdoors, particularly when at school, it is estimated that they receive three times more UV radiation than adults. Research highlights skin protection, particularly in the first 18 years of life, as a major strategy in the fight against skin cancer. Skin cancer is almost totally preventable by using a combination of "SunSmart" strategies To protect from UV radiation

POLICY IN PLACE Terms 1, 3 and 4 (AUGUST to MAY) and when UV index is above 3

Definition

Ultra Violet Radiation (UVR) is emitted by the sun and can't be felt or seen but can cause permanent skin damage. UV radiation intensity varies across Australia and in Adelaide UVR readings are 3 and above between August to May and reach their highest level across the middle of the day 10.00am – 3pm (11.00am-4.00pm in daylight savings). In South Australia skin protection strategies are recommended when the UV reading is 3 or above.

Aims

The Sun Smart policy aims to promote among students, staff and parents & wider community

- Positive attitudes towards skin protection
- Lifestyle practices which help reduce the incidence of skin cancer and the number of related deaths
- Personal responsibility for decision making about skin protection
- Awareness of the need for environment changes in schools to reduce the level of exposure to the sun
- Meet Duty of Care to employees & students to provide a safe work environment

Role of the Leadership team

- Inform parents of the Sun Smart Policy when they enrol their children
- Use the school newsletter to promote skin protection strategies and reinforce the Sun Safe policy
- Provide access to the Sun Safe policy as part of staff induction
- Provide staff with access to professional development in sun protection
- Monitor the amount of shade available so as to provide adequate sun protected areas in the school grounds
- Students will remain inside and appropriate supervision will be organised when the temperature reaches 35°C or above
- Monitor curriculum delivery to ensure information and activities about sun protection are included in programs at the early, primary and middle school years of schooling
- Maintain contact with State Cancer council for resources & material

Role of Staff

- Act as a positive role model by wearing a sun smart appropriate hat, sunglasses and clothing, applying sunscreen and seeking shade or using sunshades where possible, while participating in outdoor activities
- Monitor the wearing of hats by students when outdoors, throughout the year
- Use their discretion when scheduling outdoor activities with students to minimize exposure to UV radiation (including camps, excursions & sporting events)
- Incorporate programs on skin protection in their curriculum and regularly reinforce the Sun Smart policy
- Act in accordance with the school's W&HS Sun Protection policy

Role of Students

- Wear a bucket style school hat whenever they are outdoors participating in school related activities during terms 1, 3 and 4 and when the UV index is 3 or above.
- Play in the shade (Primary students under the verandah by the pink cement and Junior primary students under the unit back stairs) when they have no hat during terms 1, 3 and 4 and when UV index is 3 or above.
- Wear clothing to cover as much skin as possible in accordance with the school dress code, including tops with collars and longer style sleeves, and longer style shorts, dresses and skirts
- Use available areas of shade for outdoor activities
- Be encouraged to use the SPF 30+ broad spectrum, water resistant sunscreen provided in classrooms or at the office when participating in outdoor activities and special events such as sports, swimming, camps or excursions (allowing application time before exposure 15-20 minutes and reapplication 2 hourly)

- Have a sound understanding of skin protection strategies through participation in educational programs incorporated within the curriculum
- Abide by the guidelines of the OSHC sun safety procedures when attending OSHC

Role of Parents / Caregivers

- Provide a school uniform hat for their child's use throughout the year
- Provide sunscreen for their child to apply
- Act as positive role models by practicing skin protection behaviours themselves when attending outdoor school events

Role of the community

- Know that we care and are committed to the health of our students and staff because we are a Sun Smart school

Sun protection at OSHC and vacation care

The above sun protection practices are to be implemented during the following times at OSHC. Educators are encouraged to check the daily sun protection times for their local area.

- **Before school care:** Children attending before school care do not need to practise sun protection measures as the UV radiation levels are rarely above 2 during this time.
- **After school care:** This policy is implemented during terms 1 and 4 and whenever the UV radiation levels reach 3 and above at other times.
- **Vacation care:** This policy is implemented for the school holidays that fall between August and May and whenever UV radiation levels reach 3 and above at other times.

Evaluation

This policy will be reviewed with students, parents and community input as part of the school's review cycle. Participate in the Cancer Council Review process