



# COBDOGLA PRIMARY SCHOOL

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## SUN SMART POLICY

### RATIONALE:

- ❖ Australia has one of the highest incidences of skin cancer in the world.
- ❖ Nearly all skin cancer is a result of over exposure to the sun, particularly during childhood and adolescence.
- ❖ UV radiation from the sun causes skin damage, with a UV level of three and above being high enough to cause damage to unprotected skin.
- ❖ A balance of exposure will provide students with the correct amount of vitamin D which is important for the development of healthy bones, muscles and teeth.

### AIM:

The aim of the Cobdogla Primary School's Sun Safe Policy is to promote:

- ❖ 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;
- ❖ the awareness and understanding of the need for environmental changes in schools to reduce the level of exposure to the sun i.e. outdoor Physical Education before to be held outside sun protection times where possible.

### WE BELIEVE:

- ❖ that in our duty of care we need to consider the harmful effects of the sun for students at school
- ❖ staff need to make conscious decisions about reducing the amount of exposure to sun for all students during school hours
- ❖ staff need to provide our school communities with up to date relevant information regarding sun safety issues i.e. newsletter items, pamphlets.

### TO DO THIS:

- ❖ the school will ensure that all staff and students use a combination of sun protection strategies **during terms 1, 3 and 4 and depending on school activities, monitoring the UV radiation levels during May, as UV levels may still peak at 3 and above on some days.** SRC will monitor the UV levels during these months to let students know of the requirements via the SunSmart app/widget which can be downloaded via <https://www.cancersa.org.au/cut-my-risk/sunsmart/resources/sunsmart-app-and-widget> or the Bureau of Meteorology at [www.bom.gov.au/sa/uv/](http://www.bom.gov.au/sa/uv/) .
- ❖ all staff and students are to wear wide brimmed hats (7-8cm) during outside activities from 1 August through to 30 April and when the UV Level is predicted to be three and above. Hat free days can be scheduled for Special Days e.g. dress-ups, crazy hair day when the UV is forecast to be below 3 .
- ❖ classes are to be provided with SPF 30 or higher broad spectrum, water resistant sunscreen – this is to be applied to dry skin 15-20 minutes prior to students going outdoors and reapplying every 2 hours if outdoors for extended periods of time or more often during water activities.
- ❖ all staff and students are to wear appropriate sun protective clothing including tops with collars and longer sleeves and longer style skirts and shorts. No singlets, midriff tops or short skirts/shorts are allowed.
- ❖ curriculum (through Health and Physical Education) will address issues of sun safety, skin protection and vitamin D at all year levels.
- ❖ it is recommended that outdoor activities are scheduled outside peak sun protection times where possible.
- ❖ students to be encouraged to play in the shade or under outdoor eating area at break times.
- ❖ teachers should use their discretion during peak UV radiation times and students must remain indoors – Resource Centre, Hall, COLA or outdoor eating area.
- ❖ staff will be encouraged to act as role models by practising Sun Smart behaviour by:
  - wearing protective hats and appropriate clothing for all outdoor activities.
  - applying SPF30 or higher broad spectrum, water resistant sunscreen 15-20 minutes prior to going outdoors.
  - seeking shade whenever possible.
- ❖ ALL students must wear a swim smart shirt or T-shirt in water during swimming.

### OUR SCHOOL WILL:

- ❖ ensure that school hats are appropriate (wide brimmed or Legionnaires) and satisfy Cancer Council SA's guidelines
- ❖ ensure that adequate shade is provided at school, sporting carnivals and outdoor events
- ❖ incorporate programs on skin cancer prevention, sun protection and vitamin D in the curriculum
- ❖ regularly reinforce the Sun Smart Policy in a positive way through newsletters, parent meetings, student and teacher activities.

**WHEN ENROLLING A CHILD, PARENTS/CAREGIVERS WILL BE:**

- ❖ informed of the Sun Smart Policy
- ❖ requested to purchase a school hat or provide an appropriate wide brimmed or legionnaires hat for their child's use
- ❖ encouraged to provide SPF 30+, broad spectrum, water resistant sunscreen for maximum protection
- ❖ encouraged to practise skin protective behaviour themselves.
- ❖ encourage parents to practise skin protective behaviour after school hours.

*The "Cobdogla Primary School Sun Smart Policy" will be reviewed on a 2 yearly basis with staff, SRC, and School Council input so the policy remains current and relevant. This will be reviewed in 2018.*