

SALISBURY DOWNS PRIMARY SCHOOL Sun Protection Policy

PREAMBLE

Australia has the highest incidence of skin cancer in the world with two out of every three people developing some form of skin cancer before they are 85.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Sun exposure in the first 10 years of life determines, to a substantial degree, the likelihood of skin cancer developing in later life.

The Cancer Council SA advises people to protect their skin when the ultraviolet (UV) radiation level is 3 and above as this is when it is strong enough to cause damage to unprotected skin. Skin cancer is over 90% preventable by protecting the skin from ultraviolet radiation. As a school we are ideally placed to help reduce the incidence of skin cancer and have a responsibility for encouraging effective sun protection practices with all members of the school community. UV radiation levels are 3 and above every day from September through to the end of April and it is during these months that sun protection is necessary. People who are very fair skinned need to consider sun protection all year round. It is important to balance sun protection with safe sun exposure for the production of vitamin D which we require for bone growth and development.

RATIONALE

The purpose of this policy is to provide information to students, staff and parents/caregivers information about sun protection. The policy provides parents/caregivers and school staff the processes needed to help keep everyone safe from sun damage.

- To promote amongst children, staff and parents a positive attitude in taking personal responsibility for sun protection, including knowledge about their skin type.
- To minimise exposure to UVR from 1st September to 30 April between the hours of 10am and 2pm (11am and 3pm daylight saving time) when UV radiation levels are at their highest, through:
 1. Individual sun protection (hats, sunscreen, appropriate clothing)
 2. Environmental sun protection (natural and built shade)
 3. Modification to the curriculum with restricted outdoor activity during peak UVR times
 4. To educate students in understanding the risk of skin cancer and associated life style practices which can help reduce the incidence of skin cancer.



IMPLEMENTATION

Education Program

As part of the Australian Curriculum the Health Program includes material on the relationships between sun exposure and skin cancer and available methods of reducing this risk.

Outdoor Activities

Outdoor activities, such as Physical Education lessons, will whenever possible, be scheduled in the early part of the school day, or will be held in shaded areas when the UV level is high.

Hats

It is a requirement that all students will wear a hat during play and at other times as directed by the teacher. The wearing of hats is enforced for Terms 1, 2 and 4. Students who do not have their hat with them during nominated play times will stay in an area protected from the sun, and a “no hat, no play” policy will exist. This area is underneath the unit verandas or inside one of the play areas situated in a building and not any other shaded area the student chooses. Hats must be broad-brimmed or bucket, in school colours. Every new student will receive a free named bucket hat on enrolment and will be expected to purchase a replacement hat if theirs is lost or damaged. These are available for sale from the front office. Hats should be kept at school in term 3 so they are available, if an adult determines that it is required to be worn.



Sunscreen

When students are outside for periods of longer than a lesson they will be encouraged to apply suitable UV protection SPF30+ at least 15 minutes before any outside activity. All students should supply their own sunscreen for use at school, although each learning area has a supply of approved sunscreen for use. School staff cannot apply sunscreen to students but will encourage and supervise its application, particularly for young students and those more vulnerable students with learning or other difficulties. We encourage parents to apply sunscreen at home before students leave for school.



Sunglasses

Students are allowed to wear sunglasses for outdoor activities. (Parents should check when purchasing these that they are approved by the Anti-Cancer Foundation).

Dress Code

Students are expected to wear school uniform as outlined in the Parent Information Booklet and Dress Code Pamphlet available in the front office. Clothing such as collarless t-shirts, tank tops and halter neck dresses are not acceptable school wear due to increased skin exposure. Footwear must be suitable for PE activities. It is an expectation that all staff will also abide by the spirit of the sun safe policy in relation the clothing and hats

Extreme Hot Weather

1. Leadership/Front Office staff makes the decision to implement hot weather practice if the temperature locally is 36 degrees Celsius or more, prior to Big Lunch and again at Little Lunch.
2. If the weather is hot, but less than 36 degrees, students are allowed to have a break outside and are encouraged to stay in shade areas, are not to participate in rigorous play, oval area which has no shade will be closed, playground area will be open if a delegated staff member has determined that the playground surfaces will not cause children burn injury. This risk will be assessed in the following manner; if the adult cannot comfortably hold their hand on the surface for a slow count of five, it is not a safe surface for children to play on. Inside play area other than classrooms will be opened for students to play in.
3. If the temperature is 36 degrees or over at lunch, students will be inside.

Staff School will act as role models by:

1. Practicing sun-safe procedures
2. Wearing protective hats and appropriate sun safe clothing at all times while at school.
3. Using sun-screen protection
4. Seeking shaded areas when possible.

Parents

All parents will be made aware of the policy and the reasons for its implementation. On enrolling a student, new parents will:

1. Be informed of the school's sun protection policy
2. Be encouraged to provide a suitable SPF 30+ sunscreen for their child's use and ensure their child has an approved hat at all times.
3. Be encouraged to practice skin protection behaviour themselves.



PROTECT YOURSELF IN FIVE WAYS FROM SKIN CANCER

This policy will be reviewed annually in line with Cancer Council and DECD guidelines.