

LENSWOOD PRIMARY SCHOOL

A SUN SMART SCHOOL — PAGE 1/1 — 2017

Policy Rationale

- Australia has one of the highest incidence of skin cancer in the world and two out of every three Australians develop skin cancer before the age of 70.
- Skin damage, including skin cancer, is the result of cumulative exposure to the sun's ultraviolet radiation (UVR). The eyes can also be damaged from long-term exposure to UVR. This policy is being regarded as Educational as well as a means for keeping safe and healthy. It is most important that children realise that this policy is devised to educate them about the effects of UVR as well as to help them look after the health of their skin for the present and for the future.
- However, there has also been research and evidence regarding the importance of healthy sun exposure for vitamin. Therefore, as part of our policy we recognise that we all need time outside when we can top up on our Vitamin D levels particularly in the winter months, therefore hats will not be compulsory when the UV level is below 3 in term 2.

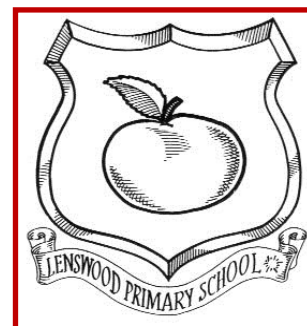
Procedures During Terms 1, 3 and 4

All members of the school community will be expected to adhere to the following guidelines during terms 1, 3 and 4. If there is an all-day activity in Term 2, staff and students are to check the UV via the SunSmart app or the Bureau of Meteorology website and implement sun protection when the UV level is 3 and above.

- Wear an appropriate wide-brimmed hat that shades the face, neck and ears from the sun. (Must be a wide brimmed hat and not a cap or bucket hat.)
- Play in shady areas if not wearing a hat. "No hat No play!"
- Each student is responsible for wearing his/her hat at the designated times and wearing the school uniform which offers adequate protection through collars, longer style sleeves, longer style shorts, dresses and skirts, in accordance with the School's Dress Code Policy.
- Teachers will actively encourage students to use a sunscreen with a SPF of at least 30+ broad spectrum and water resistant. Sunscreen should be applied 15-20 minutes before going outside and regularly reapplied every 2 hours when outside or sooner if involved in water activities or sport.
- All teachers are expected and parents/visitors are encouraged to model sun safety behaviour and must wear a sun protective hat, clothing, sunscreen, sunglasses and seek shade when on duty.
- All students will wear sun safe tops when taking part in water-based activities.

The School will help by:

- Providing SPF 30 or higher, broad spectrum, water resistant sunscreen.
- Providing suitable hats for sale.
- Raising awareness of Sun Protection issues (eg skin cancer prevention programme) through its curriculum.
- Informing students when UV is 3 or above, regardless of the season.
- Encouraging all students to wear sun tops during swimming lessons.
- Considering the availability of shade when planning outdoor activities or excursions.



Staff will help by:

- Reminding students to wear hats.
- Reminding students to seek shade during break times.
- Enforcing the school policy on sun-safety.
- Including sun safety as part of the health curriculum.
- Making the sunscreen easily available in classrooms.
- Rescheduling outdoor activities outside of the peak UV times of the day where possible, for example earlier in the morning, or setting activities up in shaded areas where possible.

Parents/Caregivers will help by:

- Supporting school and community health and safety messages.
- Providing suitable sunscreen, hats and clothing for their children.
- Reminding students to bring their hat to school and on excursions.
- Providing them with a sun safe top to wear over their bathers when swimming.
- Role modelling SunSmart practices when involved in outdoor activities at the school or on excursions.

