

SUN PROTECTION POLICY

1. Rationale

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Much of the damage occurs during childhood and adolescence. The school can help reduce the incidence of skin cancer by encouraging all members of the school community to take effective skin protection measures.

2. Aims

The Sun Protection Policy aims to promote among students, staff and parents :

2.1 positive attitudes towards skin protection

2.2 lifestyle practices which can help reduce the incidence of skin cancer and the number of related deaths

2.3 personal responsibility for decision making about skin protection

2.4 awareness of the need for environmental and timetabling changes in the school to reduce the level of exposure to U.V. radiation.

3. Guidelines

This policy is for implementation throughout the year with particular emphasis in Terms 1 and 4.

3.1 Primary Protection (i.e. less time exposed to U.V. rays).

During Term 1 and Term 4, outdoor Physical Education lessons after lunch will make increased use of the gym, large indoor spaces and front of school shade area.

3.1.1 All students will wear school dress code approved hats when outside.

3.1.2 Teachers are encouraged to avoid outdoor activities after 11a.m. during Terms 1 and 4.

3.1.3 Sports Day will be held over 3 days using the morning block of lesson time.

3.1.4 Children will be encouraged to use available shade areas for outdoor play and school activities.

3.1.5 Children who do not have their hats with them will play in the area in the shade outside of the library

3.1.6 Staff and parents will be encouraged to act as role models by -

- wearing protective hats and clothing for all outdoor activities
- using SPF 30+ broad spectrum, water resistant sun screen for skin protection
- seeking shade wherever possible.
- While children will be expected to have their own supply of U.V. block each unit will have their own supply of sunscreen organised by the Health /Drug Strategy Committee at the beginning of each year.

3. Guidelines

3.1 Primary Protection

Increased shade has been provided by -

- Multiple plantings of tall shade trees.
- Erection of pergolas and verandas
- Shade clothing existing pergolas.
- Erecting covered walking areas.
- Further provision of shade areas will be investigated as funding becomes available.

3.2 Clothing Protection

3.2.1 Children will have their face, neck and ears protected whenever they are outside. Uniform Committee has looked at sun safe clothing e.g. - shorts - longer length (board shorts) - shirt collar dresses.

Neat Casual Dress Day must adhere to the sun safe clothing policy.

3.3 Exposed Skin Protection

Sunscreen (30+) broad spectrum is recommended for skin not protected by clothing. Application is recommended 15 minutes before going outside.

- All children are expected to have their own supply.
- Units will be supplied with sunscreen also. Parent consent will be sought for use on their children.

4. Our School Will:

- Regularly reinforce this policy through newsletters, parent meetings, student and teacher activities.
- Encourage Student Leadership Team to generate ideas to encourage participation.
- Make every effort to schedule outdoor fundraising events and working bees before 11 a.m. and after 3.15 p.m. to avoid high U.V. exposure.

5. When enrolling a child, parents will be :

- informed of the sun protection policy.
- requested to purchase a school hat or provide an appropriate hat for their child's use.
- expected to provide SPF 30+, broad spectrum, water resistant sunscreen for their child's use.

6. REVIEW: This policy is reviewed by the Health Promoting/Drug Strategy Committee each year.