



SunSmart Sun Protection Policy

South Thornlie Primary School



Rationale

Australia has the highest rate of skin cancer in the world. Overexposure to the sun during childhood and adolescence is an important contributing factor to the development of skin cancer later in life. As students are at school during times of peak ultraviolet (UV) radiation, schools can play a major role in creating a supportive environment that minimises exposure and encourages sun protective behaviours.

Our Sun Protection Policy has been adopted to ensure that all students, staff, parents and visitors attending *South Thornlie Primary School* are protected from skin damage caused by UV radiation from the sun. The sun protection practices outlined in this policy will be applied to all school activities, including sports carnivals, excursions and camps. The policy has been developed in consultation with the School Board.

Our Commitment

South Thornlie Primary School will:

- Inform parents of this sun protection policy when they enrol their child/children.
- Brief all new staff on the sun protection policy.
- Promote sun protection via newsletters, assemblies, daily messages, whole school activities, and parent and staff meetings.
- Require students to wear broad-brimmed or legionnaire hats when outside.
- Direct students without a broad-brimmed or legionnaire hat to stay in an allocated area that is protected from the sun.
- Encourage staff, parents and guests to wear broad-brimmed or legionnaire hats when participating in and attending outdoor school activities.
- Require students to wear broad-brimmed or legionnaire hats, sun protective clothing and sunscreen for all camps, sports and excursions. These items will be listed on the parent permission form.
- Require staff and students to wear a swim (*rash*) top for swimming when outdoors (this may not be appropriate during competitive swimming).
- Ensure there is adequate provision of shade within the school grounds for students and staff, by planting trees and building shade structures. Particularly in areas where students congregate, for example, lunch, outdoor lesson areas.
- Encourage staff and students to use shaded or covered areas when outside.
- Ensure that adequate shade is provided at sporting carnivals and outdoor events.
- Timetable outdoor activities including assemblies, sport and physical education for when the UV index is below 3. When this is not possible activities should be conducted undercover.
- Encourage the use of SPF 30+ broad-spectrum, water-resistant sunscreen by:
 - ✓ Encouraging parents to apply sunscreen to their child before school each day.
 - ✓ Encouraging parents to send sunscreen with their child to school each day.
 - ✓ Encouraging students to apply sunscreen during breaks.
- Incorporate sun protection and skin cancer awareness programs into the appropriate Key Learning Areas of the school curriculum.
- Review the sun protection policy biannually.

Our Expectations

Parents/carers will:

- Ensure your child/children has a broad-brimmed or legionnaire hat.
Cancer Council WA recommends the following hats:
 - ✓ Broad-brimmed (7.5 cm brim).
 - ✓ Legionnaire-style.
- Ensure that your child/children's clothing provides adequate protection from UV radiation.
Cancer Council WA recommends the following:
 - ✓ Collars and sleeves.
 - ✓ Closely woven fabric.
 - ✓ Natural fibre.
 - ✓ Swim (*rash*) tops for swimming.
- Ensure that your child/children has/have access to SPF 30+ broad-spectrum, water-resistant sunscreen before leaving for school.
- Act as positive role models by practising SunSmart behaviour.
- Support the school's sun protection policy, and help design and regularly update the policy.

Students will:

- Be aware of the school's sun protection policy.
- Take responsibility for their health by being SunSmart.
- Comply with SunSmart rules and guidelines by wearing suitable hats and clothing.
- Apply SPF30+ broad-spectrum, water-resistant sunscreen before going outdoors.
- Use shaded or covered areas outdoors.
- Act as positive role models for other students in all aspects of SunSmart behaviour.
- Be actively involved in initiatives to protect the school community from over-exposure to the sun.
- Participate in SunSmart education programs.

Extreme Heat

In the event that the temperature is likely to exceed 39 degrees, the following additional measures will be taken:

- Students will be reminded to play in shaded areas.
- Additional areas such as the library and the arts centre will be made available for students at break times.
- The PE teacher will conduct lessons in the arts centre building or shaded areas.
- Outside activities in the sun will be cancelled or relocated to shaded areas as appropriate.
- Students will be permitted to keep lunches and drink bottles in the classroom.
- Students will be reminded to stay hydrated and encouraged to access the drink fountains throughout the school.

Evaluation

South Thornlie Primary School Health Committee will review the effectiveness of this policy biannually, and make any necessary changes.

They will:

1. Review the SunSmart behaviour of students, staff, parents, and visitors and make recommendations for improvement.
2. Assess shade provision and usage and make recommendations for increases in shade provision.
3. Update and promote curriculum material relevant to SunSmart activities.