



SUN SMART POLICY

Ratified April 2013

*All children have the right to learn
Everyone is treated respectfully
We all have the right to feel safe*

WE VALUE:

*Teamwork, Respect, Responsibility,
Persistence and Honesty*

Geranium Primary School Sun Smart Policy

Exposure to the sun can be potentially dangerous. The Geranium Primary School Sun Smart policy has been developed to meet the safety and welfare needs of students and staff and staff and encourages members of the school community to wear protective hats, appropriate clothing and apply sunscreen.

Australians, the Sun and Skin Cancer

Australia has the highest incidence of skin cancer in the world, with two out of every three Australians developing skin cancer at some time in their life. Approximately 1000 people in Australia die of skin cancer each year – 800 of those from malignant melanoma, the most serious form of skin cancer.

Skin Cancer Prevention

The message for everyone, young and old is:

Stay out of the sun between 11.00 am and 3.00pm

And when you're in the sun:

Slip on a shirt

Slop on a SPF 30+ broad spectrum sunscreen

Slap on a wide-brimmed hat

Seek shade

Slide on sunglasses

Have fun outside but don't get fried

Sunscreen should be applied to clean, dry skin at least 10-15 mins before going out in the sun. Re-apply sunscreen regularly, especially after swimming or during vigorous exercise, again making sure the skin is clean and dry.

Making sure outdoor areas are shaded with trees or artificial shade can also help protect children and adults from the sun.

Early Detection of Skin Cancer is Important

Over 99% of skin cancers can be cured if detected and treated early. Anyone who has a sore that does not heal within 4 weeks, or who has a new spot, mole or freckle that changes shape, size or colour should consult his or her doctor.

Our School can help reduce the incidence of skin cancer and the number of related deaths by encouraging all members of the school community to take effective skin and eye protection measures.

Eye protection Information

Long term exposure to UVA and UVB ultra-violet rays are able to cause eye damage and are associated with degenerative changes on the surface of the eye, cornea and eyelid.

Wearing good quality sunglasses can substantially protect the eyes against cataracts, pingueculae and pterigia.

Ensure the frames fit closely to the face and for maximum protection. The frames should be of a 'wrap-around' style. They should meet the Australian Standard 1067-90.

Geranium Primary School's Sun Smart Aims

The aim of the Geranium Primary School SUN SMART POLICY is to promote among students and staff, staff and parents:

- Positive attitudes toward skin and eye 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 and eye protection.
- Awareness of the need for environmental changes to schools to reduce the level of exposure to the sun.

Implementation Strategies for Skin Protection

The purpose of this policy is to ensure that all children and staff attending our school are protected from skin damage caused by the harmful rays of the sun.

As part of general skin protection strategies:

- In terms 1, and 4 students and staff shall wear a school issued bucket hat whilst outside. In terms 2 and 3 on days when the UV level is below 3 it is not necessary to wear hats and sunscreen.
- Front office staff will monitor the UV level daily using the newspaper, internet etc...
- Where a school bucket hat is inappropriate, (i.e. some sporting activities, swimming, some weather conditions) teachers, at their discretion, may exempt students and staff from wearing a hat.
- A school bucket hat shall not contain any advertising.
- Children who do not have their hats with them will play in an area protected from the sun.
- Children will be encouraged to use available areas of shade for outdoor play activities.
- Outdoor activities will be held in areas of shade whenever possible.
- Teachers will schedule outdoor activities before 10.00am and after 2.00pm (11.00am and 3.00pm daylight saving time) whenever possible.
- The decision whether children remain indoors on hot days will be made following a risk assessment depending on the prevailing conditions and context. Usually, the teacher on yard duty will make the necessary recommendation to the Principal in accordance with the conditions.
- Except on a school camp, or excursions when students and staff are wearing casual clothes, they will wear a sun smart hat i.e. bucket or legionnaires hat.
- 'T' Shirt / rash vest to be worn for all aquatics events.
- Staff will be encouraged to act as role models by practising Sun Smart behaviour by wearing protective hats and using a SPF 30+ broad spectrum water-resistant sunscreen for skin protection.
- The wearing of sunglasses for outdoor play and activities is optional.

Our school will:

- Encourage the use of appropriate school hats and support the Cancer Council SA.
- Ensure that adequate shade is provided at sporting carnivals and outdoor events.
- Provide SPF 30+ broad spectrum, water-resistant sunscreen for staff and student use, whenever possible. This should be applied 15-20 minutes before going outdoors.
- Incorporate programs on skin cancer prevention in its curriculum.
- Reinforce regularly the Sun Smart Policy in a positive way through newsletters, parent meetings, and student and teacher activities.

When enrolling a child, parents will be:

- Informed of the Sun Smart policy
- Asked to name the issued school bucket hat.
- Encouraged to provide SPF 30+ broad spectrum, water resistant sunscreen for their child's use.