



WALLAROO MINES PRIMARY SCHOOL

Sun Smart Policy

*Updated in consultation with the Cancer Council
SunSmart Team May 2017*

Rationale: Australia has one of the highest incidences of skin cancer in this world with 950,000 new cases and over 2,000 deaths recorded each year.

There are three factors, often occurring simultaneously, which contribute to these statistics:

- ☝ Ultraviolet light from the sun is of sufficient intensity to induce skin damage for much of the year in South Australia.
- ☝ For most of this century, social values have supported the belief that a suntan is healthy & attractive.
- ☝ Lifestyle, work, school and recreational habits expose people to the sun for long periods.

Cancer Council SA recommends that a skin protection policy be fully implemented when the ultraviolet radiation (UVR) level is 3 and above – in SA this is during terms 1, 3 and 4. It is not necessary to wear hats and sunscreen when the UVR is below 3, which is typically from May to the end of July. Safe exposure to the sun, during the winter months, is important for the production of vitamin D which is required for healthy bone development in children.

Aims:

The aims of the Sun Smart Policy are to promote among students, staff and parents:

- ☝ Positive attitudes towards skin 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 protection
- ☝ Awareness of the need for environmental changes in schools to reduce the level of exposure to the sun.

Implementation Strategies for skin protection:

This policy is for implementation during terms 1, 3 and 4 and at other times the UV level is 3 and above.

If there is an all-day outdoor activity during term 2 the school community is to check the UV forecast via the Sunsmart App and implement sun protection if the UV is forecast to be 3 and above.

The purpose of the policy is to ensure that all children attending our school are protected from skin damage caused by the harmful ultraviolet rays of the sun. Sun protection is needed whenever the UV is 3 or above. The daily sun protection times can be accessed via the [Bureau of Meteorology](#) website or the SunSmart app.

As part of general skin protection strategies:

- ☝ Children will wear clothing, which protects the back of the neck, upper arms and midriff area. Tops with collars and longer sleeves and longer-style shorts, dresses and skirts are recommended. Children who are not suitably attired will sit where they are protected from the sun. School polo shirts have a UV protection factor.
- ☝ A bucket hat with a UV protection factor of 50+ is provided for each student at the start of each school year
- ☝ When the UV radiation levels are 3 and above children will wear hats, which protect the face, neck and ears whenever they are outside eg. sport, sports carnivals, swimming, outdoor excursions and activities. ie. broad brimmed or bucket hats. Children who do not have their hats with them will be asked to play in a shaded area.
- ☝ 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 11.00 a.m. whenever possible.

- 👉 When swimming, water resistant SPF 30+ broad-spectrum sunscreen should be applied 15 minutes prior to the swimming lesson to all exposed areas of the body. T-shirts should be worn for swimming lessons unless the weather is too cold. Wearing of T-Shirts/rash vests is compulsory for swimming lessons. Hats to be worn except when swimming.
- 👉 Students are encouraged to apply SPF 30+ (or higher) broad spectrum, water resistant sunscreen 20 min before going outdoors for recess and lunch times and reapply every two hours when outdoors.. Hamilton sunscreen is provided in the classroom, alternatively students to supply their own.

For WHS staff will be required to promote the Sun Smart message:

- 👉 Wearing protective hats, sunglasses and appropriate clothing
- 👉 Using a SPF 30+, broad spectrum, water resistant sun screen
- 👉 Seeking shade whenever possible

Our school will:

- 👉 Ensure that school hats are appropriate and satisfy the Cancer Council SA Guidelines - i.e. Bucket/broadbrim hats not baseball hats
- 👉 Ensure that adequate shade is provided at sporting carnivals and outdoor events when possible.
- 👉 Provide more shelters - i.e. verandahs
- 👉 Provide SPF 30+ (or higher) broad spectrum, water resistant sunscreen for staff and student use.
- 👉 Actively encourage the use of SPF 30+ (or higher) broad spectrum, water resistant sunscreen 20 min before going outdoors and reapply every 2 hours when outdoors.
- 👉 Incorporate programs on skin cancer prevention, sun protection and Vitamin D in its curriculum
- 👉 Reinforce regularly the Sun Smart Policy in a positive way through newsletters, parent meetings, and school activities.
- 👉 Re-evaluate our policy for effectiveness every second year.

When enrolling a child, parents will be:

- 👉 Given a copy of the Sun Smart Policy
- 👉 Encouraged to provide and teach children to use SPF 30+ or higher broad-spectrum water resistant sunscreen.
- 👉 Asked to provide details about any allergy or sensitivity to any particular sunscreen lotions.
- 👉 Encouraged to practise skin-protective behaviour themselves.
- 👉 Shown the school uniform which includes UV protection bucket hats and UV protection polo shirts.

Review date:

Reviewed 2017 after recommendation from Cancer Council SA.
The Sunsmart Policy will be formally reviewed in 2019.