



PATTERSON LAKES PRIMARY SCHOOL

No. 5190

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SUNSMART: SUN PROTECTION POLICY

RATIONALE

There is considerable evidence that UV radiation exposure, particularly during childhood and adolescence, contributes significantly to the lifetime risk of developing skin cancer. Any activity that involves students being outdoors for any period of time should be seen as potentially placing them at risk of sunburn, skin cancer and other skin damage. Protecting children from foreseeable harm is part of your 'duty of care' to students.

Schools are central to protecting children's skin. This is because:

- Children are at school five days out of seven, at times when UV radiation levels are high;
- Most damage due to sun exposure occurs during the school years; and
- Schools can play a significant role in changing behaviours through education.

AIM

- To ensure all students and staff are protected from over-exposure to UV radiation
- Increase student and community awareness about skin cancer and sun protection.
- Encourage the entire school community to use a combination of sun protection measures whenever UV levels reach 3 and above.
- Work towards a safe school environment that provides shade for children, staff and the school community.
- Assist children to be responsible for their own sun protection.
- Ensure that families and staff are informed of the school's Sun Protection Policy.
- Support duty of care requirements
- Support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors

IMPLEMENTATION

To assist with the implementation of this policy, staff and students are encouraged to access the daily local sun protection times via the SunSmart widget on the school's website, the free SunSmart app, or at sunsmart.com.au

The sun protection measures listed are used for all outdoor activities during the **daily local sun protection times**.

The sun protection times are a forecast from the Bureau of Meteorology for the time of day UV levels are forecast to reach 3 or higher. At these levels, sun protection is recommended for all skin types. In Victoria, UV levels regularly reach 3 or higher from mid-August to the end of April.

- The Sun Protection Policy is to be read in conjunction with the Student Dress Code Policy.
- All staff and students at the school will wear a 'Sun Protection' hat, i.e. a broad brimmed, legionnaire or a bucket style hat (with a deep crown and brim width of at least 6 cm) from mid-August until the end of April.
- The school will enforce the rule "No Hat. No Play" from mid-August until the end of April. Students without a 'Sun Protection' hat will be required to play under the shaded areas.
- From May until mid-August, sun protection is not used unless the UV Index level reaches 3 and above.
- Clothing that covers as much skin as possible is provided as part of the school uniform/dress code and includes shirts with collars and elbow-length sleeves, longer dresses and shorts. midriff and singlet tops are not appropriate.
- As part of OHS UV risk controls and role-modelling, staff are requested and parents are encouraged to act as role models by following sun protection measures:
 - Wear a sun protective hat, covering clothing and, if practical, sunglasses;
 - apply sunscreen; and
 - seek shade whenever possible.
- SPF 30 (or higher) broad-spectrum, water resistant sunscreen is applied in accordance with the manufacturer's directions, with time for application allowed prior to recess and lunch and any outdoor activity. Sunscreen is reapplied every two hours or more frequently if sweating or swimming.

- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g., reminder notices, sunscreen monitors, sunscreen buddies).
- No student or staff member will be required by the school to wear sunscreen against their wishes however students will require a letter of permission from their parents to be excused from applying sunscreen.
- Students are able to use their own personal sunscreen as opposed to school supplied sunscreen, but coloured zinc styled creams etc will generally not be permissible.
- The school will promote the use of close fitting UV protection wrap-around AS1067 sunglasses by both students and staff.
- The School Council will provide adequate shade structures for students as practicable; particularly over high density play areas such as sand pits and play equipment. Shade areas and structures are considered when organising outdoor activities, such as PE and sports carnivals.
- Student are encouraged to use available areas of shade when outside.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community, for example by newsletters or assemblies.
- Curriculum Program planning and implementation will include Sunsmart Education.
- The Sun Protection Policy is used when planning all outdoor events: for example, camps, fetes, excursions and sporting events.
- The School Council is responsible for regularly reviewing its Sun Protection Policy.
- SunSmart Schools are not required to re-join the SunSmart program but they must complete a policy review every two to three years to show that their Sun Protection Policy follows current Cancer Council recommendations. By successfully completing a Sun Protection Policy review, PLPS SunSmart status is updated.
- School Council will refer to the Victorian Government's '**School Policy and Advisory Guide' – Student Health – Prevention – Sun and UV Protection.**
- A free SunSmart widget is on the school's website.

EVALUATION

The school should and if necessary update the policy at least once every 3 years.

CERTIFICATION

This policy was ratified at the School Council Meeting held at Patterson Lakes Primary School, December, 2018.

Signed.....
 School Council President

Signed.....
 Principal