

Lyneham Primary School



UV Protection Policy

Purpose: This policy outlines how the school will manage a SunSmart environment for students, staff, parents and community members.

Related and guiding Departmental Policies: Sun (UV)
Protection For Students 2015 SUVPS201512

Definition: In this policy, 'SunSmart' refers to practices recommended by Australia's national skin cancer prevention campaign as promoted by Cancer Council ACT. A SunSmart School is one that has a comprehensive sun protection policy meeting minimum standards relating to curriculum, behaviour and the environment, and implements this policy effectively.

RATIONALE

This policy documents our sun protection practices in the areas of behavior, curriculum and environment. These practices will be applied to all activities both during and out of school hours from the beginning of August through to the end of May when daily UV levels reach 3 or above. Extra care will be taken between 10am and 3pm when UV levels peak. Australia has amongst the highest rates of skin cancer in the world. It is estimated that 99% of common skin cancers and 95% of melanomas are caused by sun exposure (UV radiation). This SunSmart Policy has been developed to ensure that all students, teachers, school staff and visitors of Lyneham Primary School are protected as much as is reasonable and practical from over-exposure to the harmful ultraviolet rays of the sun. Effective sun protection practices not only reduce a child's risk of skin

and eye damage and ultimately skin cancer but should also ensure they obtain enough vitamin D from the sun to allow for healthy bone development and maintenance.

AIMS

- Increase students, teacher, school staff, families, visitor and community awareness of skin cancer.
- Assist students, teachers, school staff, visitors, families and community members to develop strategies that encourage responsible decision-making about sun protection.
- Work towards a safe school environment that provides shade for students, teachers, school staff, families, visitors and community members.
- Encourage students, teachers, school staff, visitors, families and community members to wear protective clothing (i.e. collars, longer shorts and dresses, longer sleeves), have fresh water, use protective accessories including effective hats and sunscreen during outdoor activities.
- Ensure that students, teachers, school staff, visitors, families and community members are informed of the school's SunSmart Policy and provided with appropriate educational resources.

IMPLEMENTATION

As part of general SunSmart activities, our school will:

- Require students and staff to wear broad brimmed, legionnaire or bucket hats between August 1st and May 31st
- Allow students/staff/teachers/visitors who wish to combine broad brimmed, legionnaire or bucket hats and other head gear for warmth or for religious or cultural reasons, to do so with their hat taking the position of the outer most layer
- A chador (black sheet held under the chin, draping over the head and body) or a rusari (head scarf completely covering the hair, ears and neck) may be worn by girls/women who have an Islamic faith.
- A turban may be worn for boys/men who have a Hindu Seik /Sikh faith.

- Parents and carers will be encouraged to supply SPF 30+ broad-spectrum, water resistant sunscreen for their child to use
- Teachers will have access to SPF 30+ broad-spectrum, water resistant sunscreen for those children that do not have their own in their school bag
- Encourage the application of sunscreen before school and prior (10-15 minutes) to the recess and lunch breaks (talk to staff about the implications of this at staff meeting)
- Encourage students and staff to use available areas of shade for outdoor activities whenever possible
- Request staff and encourage community members to the school to act as positive role models by practising SunSmart behavior and promoting positive attitudes toward sun protection.
- Acknowledge and abide by “Hats Off Day” (Last day of May) and “Hats Back On Day” (1st of August) in the ACT as recommended by the Cancer Council ACT’s SunSmart program every year. (UV levels are LOW in June and July in Canberra and therefore sun protection is not generally recommended)
- Students who do not have the appropriate hat or clothing will be asked to play in a well-protected area from the sun or to remain inside.
- The wearing of sunglasses will be encouraged (AS 1067 wrap around offer best protection) for staff and students

Curriculum

- Incorporate programs on skin cancer into the curriculum across all year levels.
- Teachers can access local classroom resources from:
<http://www.actcancer.org/prevention/sunsmart/act-schools-and-early-childhood-services/national-schools-program/sunsmart-resources/>
- Regularly reinforce SunSmart behavior in a positive way through newsletters, parent/carer meetings, enrolment, student and teacher activities, professional development etc. – ‘slip, slop, slap, seek and slide!’
- SLIP on some practical clothing, SLAP on a hat that protects, SLOP on SPF30+ broad spectrum sunscreen, SEEK shade whenever possible, SLIDE on some sunglasses. And

remember to take extra care between 10am-2pm (11-3pm DLST) when UV levels peak. Ensure the SunSmart Policy is reflected in the planning of all outdoor events.

Environment

- Require sun protective clothing/uniform and accessory items as part of the school uniform and when at camp or at all day outdoor excursions. E.g. min elbow length collared shirts, longer shorts, pants and dresses etc.
- All students and workers will be required to wear a hat that offers adequate protection to the face, neck and ears. Baseball style caps will not be worn.
- Students will be required to wear a rash vest (or at least a t-shirt) when taking part in all day outdoor swimming events to reduce the risk of sunburn.
- Minimise outdoor activities between 11am and 3pm daylight saving time when UV levels are at their strongest. Take particular care during other times of the year during the peak period.
- Encourage staff and students to familiarise themselves with the daily SunSmart sun protection times via the SunSmart App or SunSmart Widget (The SunSmart Widget is on the school's website to assist staff and students).
- Organise outdoor activities to be held in areas with plenty of shade whenever possible
- Schedule outdoor assemblies early in the day or in an area where all students can be in the shade
- Work towards increasing the number of shelters and trees so as to provide adequate shade in the school grounds.
- Purchase of hats for some identified students as an equity issue.
- Purchase of sunscreen for use throughout the school as an equity issue.
- An SPF 30+ broad spectrum, water resistant sunscreen will be accessible via most, if not all, classrooms.
- Where possible teachers will encourage and make opportunities for students to apply sunscreen daily i.e. before lunch and PE.
- Complete a school poster regarding our school SunSmart behaviours and provide to families every year.

- Teachers will be actively encouraged to choose Generation SunSmart as their TQI Teacher Identified Activity. It can be found here:
<https://www.generationsunsmart.com.au/>

EVALUATION

- This policy will be reviewed within each School Improvement cycle; that is, every four years.
- As a member of the National SunSmart Schools Program since 2008, a copy of this policy will be submitted to Cancer Council ACT for review every 3 years. This policy will be updated if necessary to maintain minimal national SunSmart standards.
- Review the Sun Smart behaviour of students, teachers, school staff, families, visitors and community members and make recommendations for improvement.
- Assess shade provision and usage and make recommendations for increases in shade provision
- Update and promote curriculum material relevant to SunSmart activities across all year levels
- Our school's national SunSmart status (SunSmart Certificate) can be viewed here:
<http://www.actcancer.org/prevention/sunsmart/act-schools-and-early-childhood-services/national-schools-program/view-your-sunsmart-certificate/>

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Principal

Chair, School Board

Date of review: December 2016

Date of original policy: 30/10/2010