

SUNSMART

THE BASIN P.S. POLICY

Rationale

A healthy balance between too much and too little ultraviolet (UV) radiation from the sun is important for health.

Too much UV from the sun can cause sunburn, skin damage, eye damage and skin cancer. Australia has one of the highest rates of skin cancer in the world. Two in three Australians will develop some form of skin cancer before they reach the age of 70. Overexposure to UV during childhood and adolescence is known to be a major cause of skin cancer.

Too little UV from the sun can lead to vitamin D deficiency. Vitamin D regulates calcium levels in the blood. It is also necessary for the development and maintenance of healthy bones, muscles and teeth.

To ensure a healthy balance between too much and too little UV is maintained, sun protection is used from the beginning of September until the end of April and whenever the UV Index level reaches 3 and above. From May until August, sun protection is not used unless the UV Index level reaches 3 and above.

Aims

The goals of the SunSmart Policy are to:

- 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 Index 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 new staff are informed of the school's SunSmart policy.
- Ensure that all children and staff maintain a healthy balance between too little and too much ultraviolet (UV) radiation from the sun.

Implementation

Our sun protection strategies:

- All children and staff use a combination of sun protection measures whenever UV Index levels reach 3 and above. Particular care is taken between 10 am and 2pm (11 am and 3 pm daylight saving time) when UV Index levels reach their peak during the day.
- Sun protection measures are not used from May until August unless the UV Index level reaches 3 and above.
- Our SunSmart policy is considered when planning all outdoor events e.g. assemblies, camps, excursions and sporting events. Where possible, we have outdoor activities or events earlier in the morning or later in the afternoon, or we try using indoor venues.

1. Shade

- The school council makes sure there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where children congregate.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- The availability of shade is considered when planning excursions and all outdoor activities.
- Children are encouraged to use available areas of shade when outside.
- Children who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.

2. Clothing

- Sun protective clothing is encouraged as part of our school uniform and staff dress code. Our school uniform includes clothing made of close weave fabric and includes shirts with collars and approved sun hats.

3. Hats

- Children and staff are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats, whenever they are outside.

4. Sunglasses

- Children and staff are encouraged to wear close fitting, wraparound sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

5. Sunscreen

- Parents are asked to supply their children with SPF 30+ sunscreen which can be reapplied at school. A roll-on is preferable.
- Parents are encouraged to apply sunscreen to their children each morning before leaving home.
- Parents are asked to teach their children to independently and accurately apply sunscreen.
- Staff remind children to apply sunscreen before going outdoors.

Role modelling

- Staff act as role models by:
 - wearing sun protective hats, clothing and sunglasses when outside
 - applying SPF 30+ broad spectrum, water resistant sunscreen

- seeking shade whenever possible
- Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses and sunscreen) when participating in and attending outdoor school activities.

Curriculum

- Programs on skin cancer prevention are included in the curriculum for all year levels.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community.
- Wearing sun protective hats, clothing and sunglasses when outside.
- Applying SPF 30+ broad spectrum, water resistant sunscreen.

Evaluation:

This policy will be reviewed as part of the school's three year review cycle.

Prepared by: Education Committee

Approval Date: 15th March, 2010

Review Date: March, 2013

Signed: _____ (Principal)

_____ (School Council President)