Sun Protection at Napperby Preschool and Primary School

National Quality Standard 1 3 5 6 7
Regulation 168 (2) (a) (iii)

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure in the first ten years of life is a major factor in determining future skin cancer risk.

Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles and for general health.

This Sunsmart - Skin Protection Policy has been developed to

- Encourage children and staff to use a combination of sun protection measures whenever the UV Index levels reach 3 or above
- Work towards a safe outdoor environment that provides shade for children and staff at appropriate times - preschool is now 90% shade, school yard – has multiple areas of shade
- Ensure all children and staff have some UV radiation exposure for vitamin D
- Assist children to be responsible for their own sun protection
- Ensure families and new staff are informed of this Sunsmart- Skin Protection Policy

Staff are encouraged to access the daily sun protection times to assist with implementation of this policy. We use a combination of sun protection measures for all outdoor activities during terms **1,3 and 4** and whenever UV radiation levels reach **3 and above** at other times.

Clothing
Sun protective clothing is included in the school uniform/dress code. The clothing is cool, loose fitting and made of closely woven fabric. It included shirts with collars and elbow length sleeves, longer style dresses and shorts and rash tops or t-shirts for outdoor swimming.

Sunscreen

- SPF 30 or higher, broad-spectrum water-resistant sunscreen is available for staff and children to use
- Sunscreen is applied at least 20 minutes before going outdoors and reapplied as required – every 2 hours during daily sun protection times if remaining or returning outdoors, or immediately after water-based activities or being wiped off - children are encouraged to come with sunscreen on during the days of UV radiation levels 3 or above.
- Children, once old enough, are encouraged to apply their own sunscreen under supervision of staff

Hats

All students and staff are required to wear hats that protect their face, neck and ears whenever they are outside. The Preschool and School hat is a broad brimmed hat. Baseball or peak caps are not acceptable. Hats are easily accessible.

Shade

Care is taken during the peak UV radiation times, and outdoor activities are scheduled outside of these times or in the shade where possible. Sports days and other outdoor events are monitored for hazardous weather and postponed if needed.

Students are encouraged to use available areas of shade when outside.

Students who do not have appropriate hats or clothing are asked to stay in the shade or a suitable area protected from the sun.

Curriculum

Sun safety is included in the curriculum for all year levels.

Sun Smart behaviour is reinforced and promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, student and teacher activities and in student enrolment packs.

The information has been extracted from the Cancer Council SA SunSmart policy

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Site Leader: Robyn Staker

Governing Council approved