



Napperby Primary School

Sun Protection Policy

Sun Smart Information

Research highlights skin protection, particularly in the first 18 years of life, as a major strategy in the fight against skin cancer. During the summer months as little as 8 - 10 minutes exposure to ultra-violet rays can cause damage to the skin. Children in our care need to be given every opportunity to develop sun smart behaviours; participate in a sun smart curriculum and play and learn in a sun smart environment. Napperby Primary School will use the following model to develop sun smart practices.

POLICY



Development of a written sun protection policy, which documents the school's practices in the areas of behaviour, curriculum and environment



BEHAVIOUR	CURRICULUM	ENVIRONMENT
<ul style="list-style-type: none"> ▪ Enforce use of broad brimmed or bucket hats, sunscreen and shade ▪ Staff and Parents as role models. Staff are required to wear an appropriate sun protection hat when outdoors. Parents are encouraged to wear sun protection hats when participating in school activities outdoors 	<ul style="list-style-type: none"> ▪ Skin cancer prevention/sun protection program taught every year in the Health/PE curriculum ▪ Promotion of sensible skin protection practices through newsletters, meetings and activities and the Sun Protection Policy 	<ul style="list-style-type: none"> ▪ Provision of shade areas around the school ▪ Allow children to be inside during recess/lunch ▪ Re-schedule outdoor activities when the UV is 3 and above – with particular care taken between 10am and 3pm when UV is at its highest. Where appropriate, special provisions will be made for excursions and camps

Policy Statement

At Napperby Primary School, we actively endeavour to ensure that children are protected from the harmful effects of the sun when playing at recess and lunch or participating in outdoor lessons. The Sun Protection Policy is implemented to educate the school community about the risks of excessive UV radiation exposure (particularly when the UV rating is 3 or higher) and to have structures that minimise the risk of skin cancer. We aim to promote positive attitudes towards skin protection and, primarily, the **personal responsibility for skin protection**.

Aims

The aims of the Napperby Primary School Sun Protection Policy are to promote among children, staff and parents:

- Positive attitudes towards skin protection
- Lifestyle practices that can help reduce the incidence of skin cancer and the number of related deaths
- Personal responsibility for and decision making about skin protection

Therefore, in terms 1 and 4 children at Napperby Primary School will:

- wear a broad brimmed hat when in the sun
- be encouraged to play in the shade
- wear sunscreen on exposed skin
- children will be able to remain inside during recess/lunch on days of high UV
- be encouraged to wear sunglasses that meet the Australian standard

In terms 2 & 3 the wearing of hats will be optional except on days where the UV reaches 3 or greater. Excerpt below taken from the The Cancer Council's 'Being SunSmart during the winter months' information sheet.

During May to August in South Australia, skin protection is not necessary for most people as UV radiation levels generally fall below 3. On a normal school day from May to August, where children are outside for relatively short periods of time - i.e. recess and lunch - the chances of skin damage from the sun for most people is low.

When do we need to take extra care in winter months?

- On clear sunny days in early May and late August when the UV may reach 3 and above during the middle of the day
- If children are outside for long periods of time – e.g. sports day.

Note:

We will enforce the wearing of wide brim, legionnaire or bucket hats as recommended by Sun Smart Schools Program and The Cancer Council of South Australia.

School hats are provided to students when first enrolling at Napperby PS and then every two years. This is funded by the Governing Council.

Responsibilities

Students:

- to be able to play and learn in a sun safe environment
- to have access to sunscreen if they have not brought their own (sunscreen will be provided by the school)
- to remember to put on a broad brimmed or bucket hat before going outside
- to remember to apply sunscreen before going outside if they have not done so at home
- to remember to slip, slop & slap when swimming

School Staff

- to ensure that children wear a broad brimmed or bucket hat and sunscreen when playing in the sun
- to ensure that children not wearing a hat and sunscreen play under cover (lunch shed)
- to model sun safe practices by wearing hats and sunscreen when on yard duty and during outdoor lessons
- to ensure children have used slip, slop, slap routine before swimming

Parents/Care providers

- to encourage their children to wear a broad brimmed or bucket hat to school
- to encourage their children to wear sunscreen to school
- to model sun safe practices
- to encourage children to slip, slop & slap when swimming

Rules

- Children **will** wear a broad brimmed, legionnaires or bucket hat when playing at recess and lunch and during outdoor lessons
- Children will ensure that sunscreen has been applied to exposed skin

Sun screen/water

- Each class has a bottle of sunscreen (SPF 30+) available for use
- Children will be encouraged to apply sunscreen before any outdoor activity
- Children are encouraged to keep hydrated with water

Clothing

Appropriate clothing that offers suitable protection from the harsh sun is to be worn at all times. No singlets or tank tops are to be worn at school or on any school sanctioned activity. Examples of suitable clothing include: collared shirts with at least elbow length sleeves, longer style shorts/skirts/dresses. Broad brimmed hats should have a brim of at least 7.5cm.

Environment

As part of the ongoing development of Napperby Primary School, suitable shade areas will continue to be developed. Play equipment areas are to be a priority for shade structure planning.

Excursions

When an excursion is planned, teachers will take into account the weather forecast and the type of activities being undertaken using the DECD Risk Management Plan for Camps and Excursions. If the weather is to be extreme, the excursion may need to be postponed. At all other times, students will be encouraged to apply a broad-spectrum, water-resistant sunscreen with an SPF of 30+ for all outdoor activities. Sunscreen should be reapplied every two hours if outdoors for a prolonged period of time (i.e. sports days, excursions, camp), or more frequently if involved in water activities.

Consequences

No hat: Reminder to get a hat and wear it

Non-compliance will result in children being restricted to undercover areas or stay indoors.

No sunscreen: Reminder to apply sunscreen

Non-compliance will result in children being restricted to undercover areas, or stay indoors.
Reminder to slip, slop, slap when swimming.

Non-compliance will result in non-participation in swimming activity

Inappropriate

clothing: Asked to put another top/shirt on. If unable to do so, children will be restricted to under-cover areas or remain indoors.

- Staff will be encouraged to keep up to date with new information and resources through contact with the Cancer Council SA.
- Staff are expected to include skin cancer prevention as a part of their health curriculum at each year level.
- Information about the school's Sun Protection Policy will be given to all new staff, students and families.
- This policy will be reviewed on a 2 yearly basis with staff, SRC and Governing Council input.

Date Reviewed: 14/11/2014