



Seven Hills North Public School

School Policies



Sun Protection Policy

November 2017

Rationale:

Ultraviolet (UV) radiation from the sun can cause sunburn, skin damage, eye damage, and skin cancer. Australia has the highest incidence of skin cancer in the world, with two in three Australians developing some form of skin cancer during their lifetime. Overexposure to the sun during childhood and adolescence is known to be a major cause of skin cancer.

The Goals of the Sun Protection Plan 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.
- Work towards a safe school environment that provides shade for students, staff and the school community.
- Assist students to be responsible for their own sun protection.

Our sun protection plan is:

The sun protection plan should be implemented all year and a combination of sun protection measures used. Particular care is needed from the beginning of September until the end of May during the peak UV times of 10am to 2pm (11am to 3pm daylight saving time) including:

1. Scheduling outdoor activities

- Where possible, we will schedule outdoor activities (e.g. assemblies, sport and physical education lessons) outside peak UV times of 10am – 2pm (11am – 3pm daylight saving time) and plan activities to take place in the shade or indoor areas.
- We will consider sun protection 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 to using indoor venues.

2. Shade

- The school community is committed to providing shade in the school grounds particularly in areas where students congregate e.g. canteen, outdoor lesson areas, and popular play areas.
- We will consult with the school community about future plans for shade.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have sun safe hats during the hot weather months are asked to play under the COLA or hall COLA.

3. Hats

- Students are encouraged to wear school hats that protect their face, neck and ears, particularly in the hot months. In the cooler months the wearing of hats is optional.

4. Clothing

- Sun safe clothing is included in our school uniform and sports uniform. This will include shirts with collars (or covered necklines) and sleeves, longer style dresses and shorts, rash vests or t-shirts for outdoor swimming.
- Sun safe sunglasses are also available for purchase from the uniform shop.

5. Sunscreen

- SPF 30+ broad-spectrum water-resistant sunscreen is available for staff and students' use. Where possible, sunscreen is applied at least 20 minutes before going outside and reapplied every two hours.
- Where possible, staff will remind children to apply sunscreen before arriving at school, before recess, lunch and going outside.
- On extended outdoor events students will be encouraged to apply sunscreen every 2 hours.

6. Role modelling of staff

Staff will be requested to role model good sun protection behaviours by:

- Wearing sun safe hats, clothing and sunglasses when outside.
- Applying SPF 30+ broad-spectrum water-resistant sunscreen.
- Seeking shade whenever possible.

7. Curriculum

- Teachers will be encouraged to include sun protection principles in teaching programs across all year levels.

8. Information to the school community

- Sun protection information is regularly promoted to the whole school community through school newsletters, school homepage, parent meetings, staff meetings, school assemblies and on school enrolment.
- Families and visitors are encouraged to use a combination of sun protection measures (sun safe clothing and hats, sunscreen and sunglasses) when participating in and attending outdoor activities.

9. Review

School parent body, staff and students will monitor and review the effectiveness of the sun protection plan when necessary.