Chapman Primary School SunSmart Policy

Rationale
Australia has the highest incidence of skin cancer in the world. Over exposure to the sun during childhood and adolescence is known to be a major cause of skin cancer.

Our SunSmart School Policy has been developed to ensure that all students and staff attending this school are protected as far as is reasonably practical from skin damage caused by the harmful ultraviolet rays of the sun. This policy will be implemented from the beginning of August to the end of May when daily UV levels reach 3 and above-strong enough to damage unprotected skin and eyes.

Aims
This policy aims to ensure that Chapman Primary School effectively implements behavioural, environmental and organisational strategies that protect children, staff and visitors attending the school from the harmful effects of over exposure of the sun’s potentially harmful ultraviolet radiation (UVR).

The policy aims to promote among children, staff and parents:
- Awareness of the need for sun protection and appropriate personal, environmental and organisational sun protection practices.
- Positive attitude towards skin protection.
- Responsible decision making about skin protection.

Implementation
This policy is to be implemented from the beginning of August through to the end of May, when daily UV levels reach 3 and above. 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. Sun protection will not generally be recommended in June and July due to low UV levels.

Behaviour

Clothing
Children and staff will wear clothing that protects the skin.
- Children and staff will be expected to wear a broad-brimmed hat, legionnaire style hat, or bucket hat with a deep crown that provides sun protection for the face, neck and ears, whenever they are involved in outdoor activities. Caps will not be worn as they do not offer adequate protection. Children not wearing an appropriate hat or clothing will be required to play in a well-shaded area. If needed, a no hat-no play policy may be implemented for short periods during the summer terms to remind children to bring hats.
- Children are required, and staff are encouraged, to wear shirts with collars and at least elbow length sleeves and longer style shorts/skirts.
- Parents will be advised on enrolment of their children of the requirement to dress children in appropriate sun protective clothing.
- Sunglasses are a valuable means of reducing sun damage and the school will encourage the wearing of sunglasses. The Cancer Council
recommends a close fitting wrap around style that meets the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4).

**Sunscreen:**
- The school encourages parents/carers to support students in applying a daily application of 30+ broad spectrum, water resistant sunscreen before school.
- The school will notify all parents/carers about the use of sunscreen at the school on enrolment and annually. Parents/carers will be required to notify the school if their child is allergic to sunscreen or if they do not wish sunscreen to be provided to their child. Students will be encouraged to wear protective clothing at all times or they will be required to play in the shade.
- Parents and children are responsible for the application and re-application of sunscreen.
- Sunscreen should be applied liberally and reapplied after 2 hours. Sunscreen should not be used to extend time in the sun and should always be used in combination with the other sun protection behaviour.
- When children are participating in extended outdoor activities including camp, carnivals and swimming the school will have available 30+ sunscreen. Teachers or LSAs will remind students to apply sunscreen every 2 hours.

**Role Modelling**
Staff and parents/carers to the school will act as positive role models by:
- Wearing sun protective hats, clothing and sunglasses (if possible) outside.
- Applying SPF 30+ broad spectrum, water resistant sunscreen.
- Seeking shade whenever possible.

**Environment**

**Shade**
Staff and children are encouraged to use available areas of shade when outside. Children who do not have appropriate hats or outdoor clothing are required to play in the shade.
The management committee will work to ensure there are shelters and trees providing adequate shade in the grounds.

**Scheduling of activities**
Particular care will be taken when outside between the hours of 10am and 2pm (AEST) 11am and 3pm (daylight saving time).
- Whenever possible outdoor activities will be scheduled outside the peak UV period during daylight savings time.

**Curriculum**
Reinforcing the SunSmart message in all school activities and in general school procedures is an important strategy in the adoption of skin protection behaviours.
- Staff will be encouraged to role model appropriate SunSmart strategies.
♦ Staff will be encouraged to keep up to date with new information and resources through contact with the education service at The Cancer Council ACT.
♦ Skin cancer prevention will be included in appropriate teaching activities.
♦ Parents will be encouraged to role model appropriate SunSmart strategies when attending the school.
♦ The school will promote the SunSmart message to parents/carers.

**Evaluation/Review**

The policy will be evaluated on an ongoing basis and formally reviewed every three years by the Cancer Council ACT.