

## **SUNSMART POLICY 2014**

### **Rationale**

It's important to have a healthy balance of ultraviolet radiation (UV) exposure. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer, including melanoma. Overexposure to UV during childhood and adolescence is a major factor in determining future skin cancer risk. Adult and occupational exposure also plays an important role in the realisation of skin cancer.

However, too little UV from the sun can lead to low vitamin D levels. Vitamin D is necessary for the development and maintenance of healthy bones and muscles, and for general health.

Our school recognises that a balance is required to reduce the risk of skin cancer yet maintain adequate vitamin D levels, especially during winter when UV levels are low in Canberra.

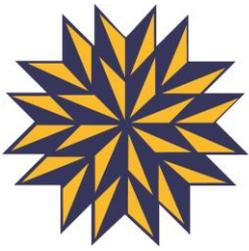
Therefore a combination of sun protection behaviours is required when UV levels reach 3 and above. In Canberra this will be for most or part of every day between August and May. Sun protection behaviour will not be enforced at school around the June and July period due to low UV levels (under 3) experienced in Canberra each day.

### **Objectives**

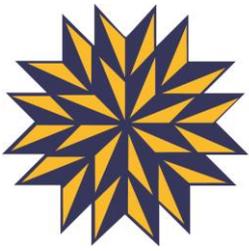
This Policy has been developed to:

- ensure all students and workers have a balanced approach to sun protection;
- require all children and workers to use a combination of sun protection measures whenever UV Index levels reach 3 and above;
- work towards a safe outdoor environment that provides effective shade for children and workers at appropriate times;
- assist students to be responsible for their own sun protection behaviour, and ensure that families and new staff are informed of the school's current policy and practices
- ensure planned activities and classroom experiences include skin cancer prevention and awareness across all year levels.

1. Teachers are requested to minimize the time children spend outdoors between 11:00am and 3:00pm during Daylight Saving Time.
2. If activities are held outdoors shade should be used as much as possible particularly in the period 11:00am and 3:00pm (DST).
3. All students are required to wear the school uniform which complies with the guidelines for 'sun protective clothing'.
4. Students who choose to wear sunglasses will be encouraged. A close fitting wraparound style will offer best protection. Sunglasses should meet AS1067.



5. All students are required to wear a broad brimmed hat (min. 6cm brim for students and 7.5 cm brim for adults) or a bucket hat with a deep crown whenever UV levels are 3 and above .
6. 'No hat? Play in the shade today.' Students who do not have a hat at school from August until the end of May must play in the shade. All staff are required to wear a broad brimmed hat, sensible clothing that covers as much skin as possible, wrap-around sunglasses and access to sunscreen while supervising outside activities/areas, except in the winter months.
7. Students are encouraged to apply a broad spectrum, water resistant SPF 30+sunscreen between August and May when UV levels are 3 and above, ie prior to lunch time, PE and outdoor experiences. Teachers are requested to provide time for children to apply sunscreen, say 15 -20 minutes before outdoor activities.
8. The wearing of protective clothing (ie rash vests or at least a t-shirt)is required for water based activities (ie outdoor swimming carnivals).
9. Students will have access to sunscreen and shade when participating in outdoor events and carnivals.
10. Students and workers have easy access to sunscreen application spots around the school, ie sunscreen pumps are allocated in ALL classrooms.
11. The school provides sufficient shade for all children through the large number of trees in the junior playground and a large shade structure in the senior playground.
12. SunSmart behaviour will be regularly reinforced and promoted to the whole school community in assemblies and through the school newsletter and website etc.
13. Staff will be kept up to date by the executive with new information supplied by Cancer Council ACT's National SunSmart Schools Program.
14. Education activities and programs on sun protection behavior and UV are included in all year levels. Free resources, information and teacher PL can be accessed from [www.actcancer.org](http://www.actcancer.org)
15. Giralang Primary School was awarded national SunSmart status in September 2014. As a member of the National SunSmart Schools Program this policy will be reviewed every three years by Cancer Council ACT and updated if required to maintain minimal national SunSmart standards. Our first 3 year review will be in September 2017.



**Giralang Primary School**  
ADVENTURE IN LEARNING, CARING AND ACHIEVING



Occupational UV Exposure.

Under Work Health and Safety legislation, the Dept has a duty of care to protect all workers as much as reasonably practicable from occupational UV exposure. Workers also have a responsibility to protect themselves from over-exposure to UV radiation by adopting a combination of sun protection measures when UV levels are 3 and above, strong enough to damage unprotected skin.

All teachers and staff members will be encouraged to complete free SunSmart online PL modules at [www.generationsunsmart.com](http://www.generationsunsmart.com.au) .au as part of their Professional Learning requirements.