

SUN SMART POLICY



Purpose:

Too much of the sun's uv can cause sunburn, skin & eye damage and skin cancer. Uv damage accumulated during childhood & adolescence is strongly associated with an increased risk of skin cancer in later life. Australia has one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before the age of 70.

Aim:

- To ensure all students and staff attending Cambridge Primary School are protected from skin damage caused by the harmful ultraviolet rays of the sun.
- To continue to remain a Sun Smart School.
- To raise community awareness of the importance of sun protection during those critical months of the year when solar ultra violet rays (UVRs) are at their highest levels.
- Ensure all students and staff have some ultra violet (UV) exposure for Vitamin D.
- To work towards a safe environment that provides shade for students, staff and the school community at appropriate times.
- To assist our students to be responsible for their own sun protection.
- To reduce exposure to solar UVR by implementing the strategies outlined as part of the implementation.

Implementation:

As part of the Sun Smart strategy, our school will expect the following behaviours:

- The Sun Smart policy is to be implemented throughout the year but with particular emphasis in terms 1 (or until the end of April) and Term 3 (from mid August) and whenever UV levels reach three or above.
- Children are to wear hats which protect the face, neck and ears whenever they are outside (eg: recess, lunch, sport, excursions). If the child does not have an appropriate hat they meet in the designated Sun Smart areas of the school.
- The 'No Hat No Play' areas are defined and articulated to the school community at the start of each year.
- Staff will communicate with the parent community to encourage the daily application of SPF 30+ (or higher) broad-spectrum, water resistant sunscreen before school and prior to the lunch break. Strategies are in place to remind students to apply sunscreen before going outdoors.
- Children are encouraged to use available areas of shade for outdoor activities.
- Children are encouraged to regularly drink water throughout the day.
- Staff and parents are to act as role models by practicing Sun Smart behaviours.
- The School Council is responsible to ensure there is a sufficient number of shelter and trees providing shade in the school grounds, particularly in areas where students congregate eg. canteen, playgrounds and outdoor lesson areas.

There will be an expectation in the curriculum to:

- Incorporate sun smart prevention lessons at all grade levels.

Respect, Integrity, Self-resilience, Excellence

- Regularly reinforce Sun Smart behaviour in a positive way through newsletters, parents meetings, student and teacher activities
- Ensure the Sun Smart policy and behaviours are reflected in the planning of all outdoor events (eg: camps, excursions, sporting events).

There will be planning within the school environment for:

- An increasing number of shelters and trees to provide adequate shade in the school grounds.

Evaluation:

- This policy will be reviewed every three years as part of the school's policy review cycle.

<u>Ratification Date</u>	<u>Review Date</u>	<u>Policy Number</u>	<u>Version Number</u>	<u>Date Produced</u>
2020	Year 2023	31.	6	July 1998