



Sun Smart Policy

Glencoe Central Primary School

Rationale

Australia has one of the highest incidences of skin cancer in the world with two in three people developing some form of skin cancer before the age of 70. UV radiation from the sun causes skin damage. UV radiation cannot be seen or felt but is determined by the angle of the sun to the earth's surface. UV radiation levels peak over the middle of the day when the sun is directly overhead. UV radiation levels can be extreme on a day of 21°C or a day of 40°C, depending on the time of year. A UV radiation level of 3 is high enough to cause skin damage to unprotected skin therefore it is important to protect skin when the UV radiation level is 3 and above. Nearly all skin cancer is the result of overexposure to the sun, with childhood and adolescent exposure being a major cause.

While too much exposure to UV radiation will cause skin damage, too little can lead to vitamin D deficiency. Vitamin D is important for the development of healthy bones, muscles and teeth. To ensure a healthy balance between UV exposure and UV protection, it is recommended that skin is protected when the UV level is 3 and above. For much of South Australia, this is from the beginning of August to the end of April (these dates coincide closely with Terms 1, 3 and 4) and at any other time the UV reaches 3 and above. During the months of May–August sun protection is not needed on the days when the UV level is below 3.

Aims of our Sun Smart policy:

- increase school community's awareness of skin cancer and the importance of skin protection
- increase school community's awareness of the importance of a healthy balance between UV exposure and UV protection
- encourage use of a combination of sun protection strategies which will lower the risk of skin damage and skin cancer
- encourage children's personal responsibility for and decision making about skin protection
- increase awareness of the need for environmental changes in our school to reduce the level of exposure to the sun.

Our school will ensure our staff and students use a combination of sun protection strategies each day in Terms 1 and 4 (and when , as well as other times when the UV level is 3 or above (in Term 3) by:

- Considering UV radiation levels and a combination of sun protection measures, when planning any outdoor activities (*extra care taken during peak UV times of the day; assemblies, fire drills, sports days and excursions planned earlier in morning or later in afternoon or at an indoor venue*)
- *Health and Science programs to incorporate content to link to the aims of the Sun Smart Policy*
- Using shade outdoors as much as possible (*ensure sufficient shade (trees and shelters) available in yard, encourage children to use shaded areas, consider shade when planning outdoor activities*)
- Including sun protective styles of clothing as part of our school uniform/dress code (*including collared shirts, elbow length sleeves and longer style shorts/dresses, as well as rash tops for outdoor swimming*)
- Requiring students and staff to wear a hat outdoors (*broad brimmed, bucket and/or legionnaire style of hat*)
- *Students who are not wearing appropriate hats or clothing are asked to play in areas protected by the sun.*
- Supplying and actively encouraging application of SPF 30+ broad spectrum, water resistant sunscreen before outdoor (*reminding students to apply 20 minutes before going outdoor for breaks—particularly lunchtime, reapplication every two hours if outdoor for longer periods of time*)
- Allowing the wearing of sunglasses (students and staff) that meet the Australian standard 1067
- Skin cancer prevention education included in curriculum across all year levels (reinforced at assemblies, newsletters, permission notes, school website, staff/SRC/school council meetings)
- The school's sun protection policy is regularly reinforced and promoted to the whole school community including staff, volunteers and families through newsletters, the school website or forum.
- For WHS and role modelling, when the UV is 3 and above, staff are required to practice SunSmart behaviours including wearing sun protective clothing, hats, sunglasses and sunscreen, and using shade as much as possible when outdoors
- Families and visitors are encouraged to use a combination of sun protection measures when participating in or attending outdoor activities.
- This policy applies to all school activities and events, on and off site.

Date Reviewed: September 2023

Next Review Date: September 2024