



SUN SMART POLICY

PURPOSE

To promote amongst students, staff, parents and community members:

- Positive attitudes towards skin protection.
- Lifestyle practices which can help reduce the incidence of skin cancer and the number of related deaths.
- Personal responsibility for and decision making about skin protection.
- A balanced approach to reduce the level of exposure to the sun in summer and provide opportunity for vitamin D absorption in winter.

POLICY DETAILS

This policy applies to all school activities and events (on and off site)

Agreements/Responsibilities –

(These do not apply between 1st May to 31st August each year where exposure to low levels of UV e.g. below 3 are important for Vitamin D absorption)

Avoid being in the direct sun between the hours of 10.00 am and 2.00 pm (11.00 am and 3.00 pm during daylight saving time).

- Lunch periods will be 40 minutes long including students eating in classrooms or sitting in the shade to eat for the first ten minutes.
- Whenever possible, all outdoor activities will be scheduled before or after these times, conducted indoors or in the shaded areas of the school if practical.
- Sports Days will be held as early as practicable in term 4.

Use the shade of trees, pergolas, umbrellas and tents whenever outdoors.

- Students will be encouraged to use shaded areas for sitting and playing under.

Wear appropriate clothing which protects the skin.

- Students and staff are expected to wear broad brimmed, legionnaire or **bucket style** hats whenever involved in outside activities at any time. Students not wearing a hat, or wearing a hat which does not provide ear and neck protection will be required to use designated shade areas. "No Hat – No Play".
- Students are expected to wear clothing with sleeves **as part of the school dress code** (ie no singlet/sleeveless tops)
- During swimming lessons, students are required to wear rash tops or t-shirts

Apply a 30+ broad spectrum sunscreen to clean, dry skin, 15 – 20 minutes before going outdoors at lunchtime. Reapply sunscreen every two hours if outdoors for a prolonged period of time, or more frequently if swimming or perspiring.

- Students will be encouraged to apply sunscreen before school. Teachers will encourage/remind students to apply sunscreen 15 – 20 minutes before going out to lunch (just before they eat). Students will be encouraged to bring sunscreen from home. Students will also be reminded to bring sunscreen for excursions and camps.

Reinforcing the Sun Smart message in classroom activities, and in general school procedures, are important strategies in the adoption of the skin protection behaviours.

- Staff will be encouraged to role model appropriate Sun Smart strategies in all school activities.
- Skin cancer prevention will be included in all classroom curriculum.
- Staff will be encouraged to adopt the Sun Smart behaviour – “Slip, Slop, Slap, Slurp” to reduce the risk of skin damage from U.V exposure

Slip This is about choosing and wearing appropriate clothing.

Slop This is about applying and reapplying 30+ broad spectrum sunscreen.

Slap This is about wearing a broad rimmed or legionnaire style hat to protect the face, ears and neck.

Slurp This is about drinking lots of water in hot weather.

- Visitors to the school are informed of the schools sun smart policy and encouraged to practise SunSmart behaviours e.g. wear appropriate hats and clothing when outdoors.