



# WATERVALE PRIMARY SCHOOL



## SUN SMART GUIDELINES- SCHOOL

### **Rationale**

Too much exposure to ultraviolet (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of skin cancer. Australia has one the highest rate of skin cancer in the world.

### **The goals of the Sun Smart Policy are to:**

- Increase student and community awareness about skin cancer and sun protection
- Work towards a safe school environment that provides shade for students, staff and the school community
- Assist students to be responsible for their own sun protection

### **Our sun protection strategies**

- This policy is for implementation for Terms 1, 3 & 4 and whenever the UV Index is 3 and above at other times.
- Daily UV levels and sun protection times, as reported by the SunSmart app, [www.myuv.com.au](http://www.myuv.com.au) or [www.bom.gov.au](http://www.bom.gov.au), will be displayed by the school entry doors and will be updated every morning by a staff member.
- Ensure all children and staff use a combination of sun protection measures **whenever the UV Index reaches 3**. Particular care is taken between 10 am and 2 pm (11 am and 3 pm daylight saving time) when UV Index levels reach their peak.
- Our Sun Smart policy is considered when planning all outdoor events.
- Ensure that families and new staff are informed of the school's Sun Smart policy.

### **1. Shade**

The school council makes sure there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where students congregate.

The availability of shade is considered when planning excursions and all outdoor activities.

Children are encouraged to use available areas of shade when outside.

### **2. Clothing**

Sun protective clothing is included in our school uniform - shirts with collars and sleeves and longer style shorts/dresses. Rash vests or t-shirts should be worn for outdoor swimming.

### **3. Hats**

No hat = No play when UV levels are 3 and above. Children are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats,

when UV rating is 3 or above. Students who do not have appropriate hats or clothing will be required to play in the undercover eating area.

#### **4. Sunscreen**

The school provides SPF 30, or higher, broad spectrum, water resistant sunscreen for staff and children's use. This needs to be applied 20 minutes prior to going outdoors, and reapplied after 2 hours if remaining outdoors.

#### **Role modelling**

##### **Staff:**

- wearing sun protective hats, clothing and sunglasses when outside.
- applying SPF 30, or higher, broad spectrum sunscreen
- seeking shade whenever possible

**Families and visitors** are encouraged to use a combination of sun protection measures.

#### **Curriculum**

Programs on skin cancer prevention are included in the curriculum for all grade levels. Sun Smart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, student and teacher activities and on student enrolment.

#### **Review**

The school council, students and staff monitor and review the effectiveness of the sun protection guidelines every three years and revise when required.