

# Gawler Primary School Sun Smart Policy



## Rationale

The sun's ultraviolet (UV) radiation can't be seen or felt. Whatever the weather, it's important for people of all skin types to use sun protection whenever UV levels are three or higher.

Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and 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 age 70.

By teaching sensible sun protection habits from an early age and implementing sun protection measures, schools can play a significant role in reducing skin cancer risk.

## Aim

The Sun Smart policy aims to promote among students, staff and parents and the wider community

- Positive attitudes towards skin protection
- Lifestyle practices which help reduce the incidence of skin cancer and the number of related deaths
- Personal responsibility for decision making about skin protection
- Awareness of the need for environmental changes in schools to reduce the level of exposure to the sun
- Meet duty of care to employees and students to provide a safe work environment

## Role of Staff

- Act as a positive role model by wearing a sun smart appropriate hat, sunglasses and clothing, applying sunscreen and seeking shade or using sunshades where possible, while participating in outdoor activities.
- Monitor the wearing of hats by students when outdoors, throughout the year.
- Use their discretion when scheduling outdoor activities with students to minimise exposure to UV radiation (including camps, excursions and sporting events).



- Incorporate programs on skin protection in the Health curriculum every year and for all year levels.
- Act in accordance with the school's WH&S Sun Protection policy.

## Role of Students

- Wear a bucket style school hat whenever they are outdoors participating in school related activities (baseball style caps are not acceptable as they leave the ears and back of the neck exposed).
- Play in the shade when they have no hat.
- Wear clothing to cover as much skin as possible in accordance with the school dress code, including tops with collars and longer style sleeves, and longer style shorts, dresses and skirts.
- Use rash vests (over bathers) during swimming week.
- Use available areas of shade for outdoor activities.
- Use the SPF 50+ broad spectrum, water resistant sunscreen provided in classrooms or at the office when participating in outdoor activities and special events such as sports, swimming, camps or excursions (allowing application time before exposure and reapplication 2 hourly).
- Have a sound understanding of skin protection strategies through participation in educational programs incorporated within the curriculum.

## Role of Parents/Caregivers

- Provide a school uniform hat for their child's use throughout the year.
- Provide sunscreen for their child to apply.
- Act as positive role models by practicing skin protection behaviours themselves when attending outdoor school events. Address Sun Smart policy with visitors to ensure policy is upheld.

## Role of the community

- Know that we care and are committed to the health of our students and staff because we are a Sun Smart school.