



# Takari Primary School

## Sun Smart Policy

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Australia has the highest incidence of skin cancer in the world with two out of three Australians developing some form of skin cancer during their lifetime. Over exposure to the sun during childhood and adolescence is known to be a major cause of skin cancer. It is recognised that schools have a major responsibility to initiate and implement skin cancer prevention strategies in the interests of students' health and long term healthy environments.

A balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Exposure to UV radiation during childhood and adolescence is associated with an increased risk of skin cancer in later life. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. (Reference Cancer Council of WA)

This Sun Smart policy has been adopted to ensure that all staff and students attending Takari Primary School are protected from skin damage caused by harmful UV radiation. The sun protection practices outlined in this policy will apply to all school activities, including sports carnivals, excursions, camps and recess and lunchtime breaks.

### **Purpose:**

This Sun Smart policy provides guidelines to:

- Ensure all students and staff have some UV exposure for vitamin D.
- Ensure all students and staff are well protected from too much UV exposure by using a combination of sun protection measures during the daily local sun protection times (issued whenever UV levels are 3 and above).
- Ensure the outdoor environment is sun safe and provides shade for students and staff.
- Ensure students are encouraged and supported to develop independent sun protection skills to help them be responsible for their own sun protection.
- Support duty of care requirements.
- Support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors.

### **Healthy physical environment:**

#### **1. Seek shade**

- The School Council monitors the school environment to ensure there are sufficient shelters and trees providing shade in outdoor areas particularly in high-use areas e.g. where students have lunch, canteen, assemblies, sports, outdoor lessons and popular play spaces.
- The availability of shade is considered when planning all other outdoor activities.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats or outdoor clothing are asked to play in the shade of the undercover assembly area.
- In consultation with the School Council, shade provision is considered in plans for future buildings and grounds.
- A shade audit is conducted regularly to determine the current availability and quality of shade.

### **Healthy social environment:**

#### **2. Slip on sun protective clothing**

- Sun protective clothing is included in our School Policy. School clothing is cool, loose-fitting and made of densely woven fabric. It includes shirts with collars and elbow-length sleeves, and longer style skirts and shorts.

- Rash vests or t-shirts are required for outdoor swimming activities.

### **3. Slap on a hat**

All students are required to wear hats that protect their face, neck and ears. The School Uniform Policy stipulates that bucket or broad brimmed hats are to be worn outside all year round. Peak caps and visors are not considered a suitable alternative.

### **4. Slop on sunscreen**

- SPF30 (or higher) broad-spectrum, water-resistant roll-on sunscreen is included on the school's booklist each year. This is to be kept in students' bags.
- All classes will have SPF30 (or higher) broad- spectrum, water-resistant sunscreen available for staff and students' use.
- Strategies are in place to remind students to apply sunscreen before going outdoors, but it is ultimately the students' responsibility that sunscreen is applied.
- SPF30 (or higher) broad-spectrum, water-resistant roll-on sunscreen is available for staff and student use at all outdoor activities.

### **Learning and skills:**

- Programs on sun protection and vitamin D are included in the curriculum for all year levels.

### **Engaging children, educators, staff and families:**

Sun Smart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website / intranet, staff and parent meetings, school assemblies, student and teacher activities and on student enrolment / new staff orientation.

As part of OHS, UV risk controls and role-modelling, staff, families and visitors:

- wear a sun protective hat, covering clothing and, if practical, sunglasses
- apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen
- seek shade whenever possible.

### **Monitoring and review:**

- The School Council and staff regularly monitor and review the effectiveness of the Sun Smart policy (at least once every two years) and revise the policy when required by completing a policy review and membership renewal with Sun Smart at [www.generationsunsmart.com](http://www.generationsunsmart.com).
- Sun Smart policy updates and requirements will be made available to staff, families and visitors.

*Policy last updated: September 2016*

*Policy to be reviewed: September 2018*