

Rationale

Australia has the highest incidence of skin cancer in the world with two out of every three people developing some form of skin cancer before they are 70. Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Sun exposure in the first 10 years of life determines, to a substantial degree, the likelihood of skin cancer developing later in life.

Cancer Council SA advises people protect their skin at times when the ultraviolet (UV) radiation level is 3 and above—this is when it is strong enough to cause damage to unprotected skin. For much of South Australia, UV radiation levels are 3 and above every day from **1 August to 30 April** and it is during these months that sun protection is necessary.

Cancer Council SA recommends that a skin protection policy be in place during terms 1, 3 and 4 (1 August until 30 April) when UV radiation levels are 3 and above. It is highly recommended that UV radiation levels are monitored, particularly during May as they still may be 3 or above depending on your location. Cancer Council SA also recommends that particular care should be taken during the peak UV times of the day, when the UV radiation levels are at their highest.

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure during childhood and adolescence is a critical factor in determining future skin cancer risk.

Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. Sensible sun protection when UV is 3 and above does not put people at risk of vitamin D deficiency.

Aims

The aims of the '**Greenwith Primary School SunSmart Policy**' are to promote among children, staff, volunteers and parents:

- encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above
- work towards a safe school environment that provides shade for students, staff and the school community at appropriate times
- assist students to be responsible for their own sun protection
- ensure families, volunteers and new staff are informed of the school's sun protection policy.

Implementation

This policy is for implementation during terms 1, 3, and 4. Outside of this time care should also be taken when the ultraviolet radiation level is 3 (moderate) and above. The purpose of the policy is to ensure that all members of our primary school are protected from skin damage caused by the harmful rays of the sun. It is an expectation that all staff, students, volunteers and parents of **Greenwith Primary School** will use the following skin protection strategies:

1. Staff are encouraged to access the daily local sun protection times on the SunSmart app or <http://www.myuv.com.au/>, when possible to assist with implementing this policy. The SunSmart UV indicator is also available on our school website.
2. Sun protective clothing is included in the school uniform/dress code and sports uniform and rash tops or t-shirts are worn for outdoor swimming.

3. The school supplies SPF 30 or higher broad spectrum, water resistant sunscreen for staff and students' use.
 - Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours if remaining outdoors.
 - When possible students are reminded to apply sunscreen before going outdoors
 - Families with children who have naturally very dark skin are encouraged to discuss their vitamin D requirements with their GP or paediatrician.
4. All students, staff and volunteers are required to wear hats that protect their face, neck and ears e.g. legionnaire, broad brimmed or bucket hats, whenever they are outside. Baseball or peak caps are not acceptable.
5. A shade audit is conducted when possible to determine the current availability and quality of shade.
 - a. The Governing Council ensures there is a sufficient number of shelters and trees providing shade in the school grounds, particularly in areas where students congregate e.g. canteen, outdoor lesson areas and popular play areas.
 - b. The availability of shade is considered when planning excursions and all other outdoor activities.
 - c. Care is taken during the peak UV radiation times, and outdoor activities are scheduled outside of these times or in the shade where possible.
 - d. Students are encouraged to use available areas of shade when outside.
 - e. Students who do not have appropriate hats or clothing are asked to play in the shade or a suitable area protected from the sun during recess and lunch.
6. As part of WHS UV risk controls and role modelling, when the UV is 3 and above staff and volunteers will:
 - wear sun protective hats, clothing and sunglasses when outside
 - apply SPF 30 or higher broad spectrum, water resistant sunscreen
 - seek shade whenever possible.

Families and visitors are encouraged to use a combination of sun protection measures e.g. sun protective clothing and hats, sunglasses, sunscreen and shade, when participating in and attending outdoor school activities.
7. SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, our school homepage, staff meetings, school assemblies, staff handbooks, parent handbooks and enrolment packs.
8. The '**Greenwith Primary School** SunSmart policy' will be reviewed at least every three years with staff, Student Voice and Governing Council input. The next review date will be May 2022.