

Sun Safe Policy

Aims

The aims of the Redwood Park Primary School “Skin Protection Policy” is to promote among children, their families and staff:

- 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
- awareness of the need for environmental changes in our school to reduce the level of exposure to the sun.

Implementation

The purpose of the policy is to ensure that all members of our primary school, including Out of School Hours Care (OSHC) programs, are protected from skin damage caused by the harmful ultraviolet (UV) rays of the sun. UV radiation is not related to weather or temperature, and can be just as damaging on a cool and cloudy day in spring and autumn as what it is on a 38 degree day in summer.

It is an expectation that all staff, students and parents of Redwood Park Primary School, inclusive of the Out of School Hours Care Program (where applicable) will use the following skin protection strategies during terms 1, 3 and 4 and when the UV is 3 and above at other times. When the UV is below 3 in term 2 sun protection is not required for vitamin D.

Staff and students are encouraged to check the daily Sun Smart UV alert via the Bureau of Meteorology website:

1. Take particular care if in the direct sun during the peak UV times of the day and when the ultraviolet radiation level is 3 (moderate) and above, outside of these times.
 - 1.1 Whenever possible, all outdoor activity sessions will be held in shaded areas.
 - 1.2 Whenever possible, all outdoor activities, including Vacation Care programs (where applicable), will be scheduled before 10am and after 3pm, conducted indoors, or in the shaded areas of the school.
2. Use the shade of trees, pergolas and tents whenever outdoors where possible.
 - 2.1 The new play equipment near OSHC has been covered with a shade sail in the recent year.
 - 2.2 The provision of shade areas will appear as a priority on any Forward planning documents for the school.
 - 2.3 Children will be encouraged to seek shade.
3. Wear appropriate clothing that protects the skin.
 - 3.1 Students will be expected to wear a school bucket hat with a deep crown and a brim width of 6cms whenever they are involved in outside activities. Children not wearing the school hat will be expected to sit in the sail area near the canteen at recess and lunch times. Children will not be required to wear hats when the UV is below 3 in term 2. However children will need to keep hats in their trays and use them for whole days outside such as excursions or sports day.
 - 3.2 Students are encourage to wear the school uniform which offers adequate protection from UV radiation through tops with collars and longer style sleeves, and longer style shorts, dresses and skirts.
4. Using SPF 30 or higher, broad spectrum, water resistant sunscreen as part of the 5 sun protection strategies.
 - 4.1 Parents will be encouraged to apply a SPF 30 or higher broad spectrum, water resistant+ sunscreen on their children, before they come to school.
 - 4.2 Children are expected to have their own supply of sunscreen in their bag/tray which is labelled with their name. Children are not encouraged to share each other's sunscreen.
 - 4.3 Children will be actively reminded to put sunscreen on their exposed skin 20 min before going outdoors and reapply every 2 hours when outdoors when the UV is 3 and above.
 - 4.4 Low allergy SPF 30 or higher broad spectrum water resistant Sunscreen will be available for excursions or camps.





Children will apply the sunscreen under supervision and be reminded to wash their hands.

5. Reinforcing the Sun Smart message in all school activities and in general school procedures is an important strategy in the adoption of the skin protection behaviours.

5.1 Staff, parents and visitors will be encouraged to routinely role model appropriate Sun Smart strategies when involved in all outdoor school activities.

5.2 Skin cancer prevention will be included in the curriculum at each year level. Staff will be encouraged to keep up to date with new information and resources through contact with Cancer Council of SA.

- Information about the school’s Sun Smart Policy will be given to all new staff, students and their families.

6. The Redwood Park Primary School “Sun Safe Policy” will be reviewed annually with Staff, Student Leadership, OSHC and Governing Council input.

Policy issues will be discussed at Staff & Student, OSHC and Governing Council meetings.

Policy objective	Implementation strategies
<p>1. Take particular care if in the sun during peak UV times of the day in terms 1, 3 and 4. Outside of these times, care should also be taken when the ultraviolet radiation level is 3 (moderate) and above.</p>	<ul style="list-style-type: none"> • Outdoor activities should be held in shaded areas. • Classes reschedule outdoor activities to occur before 10am and after 3pm whenever possible. • Scheduling and shade provision should be a specific consideration when planning excursions. • Schedule fire drills for early in the morning or late in the afternoon. • Although Sports Day is scheduled for late term 1, appropriate sun protection measures will be included in planning (hats, shade, sunscreen reminders etc.) and the UV will be checked on the day. • Roster classes in the hall for daily fitness over the middle of the day. • Offer indoor activities as part of the Lunch Club program
<p>2. Use the shade of trees, pergolas and tents whenever outdoors.</p>	<ul style="list-style-type: none"> • Tree planting is an annual event at the school, with priority given to open spaced grassed areas. • The school will endeavour to maximise shade by the provision of shade structures and shade trees. OSHC play equipment area has been covered by a large shade sail. • The further provision of shade to appear on all forward planning documents. • Shade areas around buildings available for student use. • Build seating and tables under trees and verandas for eating lunches and outdoor classroom activities. • Children will be encouraged to seek shade.





<p>3. Wear appropriate clothing, which protects the skin.</p>	<ul style="list-style-type: none">• The school will sell an appropriate school hat, with a deep crown and a brim of 6cms, at the start of the school year or when students need one. These hats will be the only acceptable hats to be worn at school and they will be kept in the classroom.• Students not wearing the appropriate school hat will sit in the sail area at recess and lunch times.• Hats will be worn for a large part of the year whenever students are outdoors.• Hat wearing will be more relaxed when the UV is below 3 in Term 2.• Families will be advised on enrolment of the requirement to dress students in appropriate sun protective clothing.• Students and staff will be encouraged to wear shirts with collars and longer sleeves, along with longer style shorts, skirts and dresses.• Staff & parent volunteers will be expected to role model appropriate hat wearing.• Rash vests or t-shirts are to be worn over bathers for swimming if using an outside pool.• Staff will be expected to role model appropriate protective clothing when outdoors.• Parents will be encouraged to wear sun protective clothing styles when involved in school activities.• Students will need a separate hat for OSHC or sports practice. (OSHC will also provide an appropriate hat when students enrol.
<p>4. Parents to apply a broad-spectrum SPF30+ sunscreen before children come to school.</p>	<ul style="list-style-type: none">• Parents/carers will be encouraged to apply sunscreen to children before arriving at the school.• Sunscreen will be available on all excursions and camps.• Children are encouraged to bring their own sunscreen and keep in their bag/tray.• Children will be actively encouraged to apply sunscreen 20 minutes before going outdoors and reapply every 2 hours when outdoors when the UV is 3 and above.
<p>5. Reinforce the Sun Smart message in all school activities and procedures.</p>	<ul style="list-style-type: none">• Staff will be expected to role model Sun Smart behaviours in all outdoor activities.• Skin protection will be incorporated into the regular teaching program and specific sun protection activities and themes will be applied at appropriate times.• Sun safety messages will be promoted to staff and parents.• Posters will be displayed and literature will be available to parents and carers.• Skin protection will be incorporated into enrolment information, excursion notes and school newsletters. Parents will be informed, via noticeboards and newsletters of policy reviews.
<p>6. The Redwood Park Primary School Sun Smart Policy” will be evaluated on an ongoing basis.</p>	<ul style="list-style-type: none">• Policy issues will be discussed at staff meetings.• Set a policy review date either annually or at least every two years. <p>Review the policy using current reference material i.e. information sheets from Cancer Council SA, DECD sun protection AIG's.</p>

