



# GULFVIEW HEIGHTS PRIMARY SCHOOL

## SunSmart Policy

Skin Protection Policy and Implementation Strategies

### Rationale

Australia has one of the highest incidence of skin cancer in the world, with skin cancers accounting for around 80% of all new cancers diagnosed each year in Australia.

There are three factors, often occurring simultaneously, which contribute to these statistics:

1. Ultraviolet light from the sun is of sufficient intensity to induce skin damage for much of the year in South Australia.
2. For many years social values have supported the belief that a suntan is healthy and attractive.
3. Lifestyle, work, school and recreational habits expose people to the sun for long periods.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Much of the damage occurs during childhood and adolescence. Research suggests that skin damage, tanning and sunburn are contributors to skin cancer and other forms of skin damage such as wrinkles, sunspots, blemishes and premature ageing. Most skin damage and skin cancer is, therefore, preventable.

Schools are ideally placed to help reduce the incidence of skin cancer and the number of related deaths by encouraging all members of the school community to use effective skin protection.

### Aims

The aims of the Gulfview Heights Primary School SunSmart policy are to promote among children, staff and parents:

- 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

This policy is for implementation during terms 1, 3 and 4 and for specified school events that occur in the month of May where the UV is predicted to be 3 and above.

The purpose of this 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 and parents of Gulfview Heights Primary School will use the following skin protection strategies:

1. Take particular care if in the direct sun between the hours of 10am and 2pm (11am and 3pm daylight saving time).
  - 1.1 Whenever possible, all outdoor activities will be scheduled outside of the peak UV times of the day, 10am and 2pm (11am and 3pm daylight saving), conducted indoors, or in shaded areas of the school.
2. Use the shade of trees, pergolas, umbrellas and tents whenever outdoors.
  - 2.1 The sandpit and play equipment areas to be provided with sufficient shade by trees or structure.
  - 2.2 The further provision of shade areas will appear as a priority on any forward planning documents for the school e.g shaded hardcover area to amphitheatre.
  - 2.3 Children are encouraged to use available areas of shade.
3. Wear appropriate sunsafe clothing that protects as much of the skin as possible i.e. shirts/dresses with collars and elbow length sleeves and longer style shorts/skirts.
  - 3.1 Students, staff and parents will be expected to wear a broad brimmed, legionnaire or bucket style hat whenever they are involved in outside activities. Children not wearing an appropriate hat will be expected to sit in a designated shade area.
  - 3.2 Students are required to wear the school uniform which offers adequate protection from UV through tops with collars and longer style sleeves, and longer style shorts, dresses and skirts.
4. Students will be actively reminded to apply a broad-spectrum water resistant sunscreen with an SPF of 30+ (or higher) to clean, dry skin, 15-20 minutes before going outdoors. Sunscreen should be reapplied every two hours when outdoors or more frequently if involved in water activities or perspiring.
  - 4.1 Adequate time must be allowed for students to apply sunscreen before going outdoors

- 4.2 Parents will be encouraged to supply sunscreen for their children although there will be bulk sunscreen packs available in all classrooms.
- 5 Reinforcing the SunSmart message in all school activities and in general school procedures is an important strategy in the adoption of the skin protection behaviours.
  - 5.1 For work health and safety staff will be required and parents will be encouraged to role model appropriate SunSmart strategies in all outdoor school activities including wearing sun protective hats, clothing, sunglasses, sunscreen and seeking shade.
  - 5.2 Skin cancer prevention will be included in the curriculum at each year level.
  - 5.3 Staff will be encouraged to keep up to date with new information and resources through contact with The Cancer Council South Australia's Resource Centre.
- 6 The "Gulfview Heights Primary School SunSmart Policy" will be reviewed every two years with Staff, Student Representative Council and Governing Council input.
  - 6.1 Policy issues will be discussed at Staff, Student Representative Council and Governing Council meetings.

## Implementation Strategies currently in place

- Classes reschedule outdoor activities to occur before 11am and after 2pm (11am-3pm daylight saving time) whenever possible and conduct activities in the shade or indoors.
  - Scheduling and shade provision should be a specific consideration when planning excursions.
  - Schedule sports day during term 2 or early in term 3, when UV levels are not as extreme. Schedule twilight sports days in term 1 or 4.
  - Roster classes in the activity room/gym for daily fitness over the middle of the day.
  - Offer indoor activities for students during the lunch break in the Resource Centre – consider some active activities when planning.
  - Use the shade of trees, pergolas, umbrellas and tents whenever outdoors.
  - The school will endeavour to maximise shade by the provision of shade structures and shade trees. Priority will be given to areas where children play for extended periods of time e.g. sand pit, fixed play equipment.
  - Have available shade tents and umbrellas for use during sports days, SAPSASA sporting activities.
  - Utilise shade areas around classrooms for student use i.e. seating.
  - Some seating and tables under trees to provide shade for eating lunches and outdoor classroom activities.
  - Survey the areas around the school that provide the best shade, particularly lunchtime – are these areas available for students use or are they "out of bounds"?
2. Wear appropriate clothing, which protects the skin.
    - Students, staff and parent volunteers will be expected to wear a broad brimmed, legionnaire or bucket style hat whenever they are outdoors. Students not wearing an appropriate hat will be expected to play in the closest shade area to their class.
    - Staff will be expected to role model appropriate hat wearing.
    - Parents will be advised on enrolment of the requirement to dress students in appropriate sun protective clothing – i.e. shirts with collars and longer style sleeves and longer style shorts, dresses and skirts.
    - Staff will be expected to role model appropriate sunsafe clothing when outdoors.
    - Parent volunteers will be encouraged to wear sun protective clothing styles when involved in school activities.
    - Hats to be worn during terms 1, 3 and 4 and when on excursions and school events all year round.
  3. Apply a broad-spectrum water resistant 30+ (or higher) sunscreen to clean dry skin 15-20 minutes before going outdoors.
    - The school will provide SPF 30+ broad-spectrum Hamiltons sunscreen for use by staff and students.
    - Parents / Carers will be encouraged to apply sunscreen to children before arriving at the school.
    - Sunscreen will be provided for all students and staff will encourage all students to apply sunscreen before going outdoors for lunch and before outdoor activities.
    - All students are expected to wear sunscreen when on outdoor excursions and school events e.g SAPSASA events, Sports Day. Students will need to reapply every 2 hours.
    - Students who have specific allergies or sensitivities are expected to provide their own sunscreen.
  4. Reinforce the SunSmart message in all school activities and procedures.
    - Staff will be expected to role model SunSmart behaviours in all outdoor activities.
    - Skin protection will be incorporated into the 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, excursions notes and school newsletters.

- Parents will be informed, via noticeboards and newsletters of policy review.
5. The "Gulfview Heights Primary School SunSmart Policy" will be evaluated on an ongoing basis.
- Policy issues will be discussed at staff meetings.
  - Set a policy review date at least every two years.
  - Review the policy using current reference material i.e. information sheets from The Cancer Council South Australia.
6. Hot Weather Policy will be implemented on days when forecast temperature is 36°C or above.
- On days when the forecast temperature is 36°C or above ( ABC 891 AM), students will go out to play at recess and remain indoors during lunchtime.
  - Teachers will pair up and provide release for each other to ensure all staff have an adequate break.
  - The oval area will be closed during recess playtime.
  - Teachers will open up and air buildings, switch off lights, draw blinds to keep class areas cool during indoor play periods.