

WEST LAKES SHORE SCHOOL

SUNSMART POLICY

This policy has been developed in consultation with DE, the Cancer Council of SA, School staff, school council and the SRC.

RATIONALE

Australia has the highest rate of skin cancer in the world. Research shows that over exposure to the sun's UV rays during childhood and adolescence increases the risk of developing skin cancer.

Schools, in partnership with families can play a significant role in reducing UV radiation exposure through policy, education and modelling.

A UV radiation level of 3 is high enough to cause skin damage to unprotected skin. The greater the time exposed to UV radiation of 3 or more the greater the potential for damage to the skin. The higher the UV radiation level, the greater the potential for damage to the skin.

SUN EXPOSURE AND VITAMIN D

A balance between sun protection to lower the risk of skin cancer, and sun exposure for the production and maintenance of vitamin D is important for good health.

Current information (2011) indicates that at certain times of the year, when UV radiation is below 3, it is safe for the general population to leave hats and sunscreen off to ensure vitamin D levels are maintained. Vitamin D is needed to develop strong and healthy bones. Recent research has shown that vitamin D may have a much wider role in maintaining good health.

Schools have a duty of care to students. This includes the need to protect students from foreseeable harm of skin damage due to exposure to UV radiation.

As a result of this information West Lakes Shore has developed the following policy that applies to the wearing of hats during the school day and during school run activities.

NO HAT, PLAY IN THE SHADE (COURTYARD AND LIBRARY)

As a SunSmart school our policy requires children to wear a hat in Terms 1 and 4 for all outside activities. During Terms 2 and 3 each year, students may elect to wear or not wear their hats in the yard at recess and lunch times. Students not wearing a hat during sport in Term 1 and 4 are to sit in the shade.

Appropriate hats are navy blue broad-brimmed, legionnaire or bucket hats. Hats are available from Lowes or the School Front Office (pending availability). See 'Uniform' Section. All hats should be clearly labelled with your child's name. Baseball caps are not appropriate headwear as they do not cover the ears and neck.

Children not wearing hats are required to play in the central courtyard or library. Children must follow agreed behaviour expectations in these areas.

Students who refuse to follow instructions from staff when directed to the courtyard or library will receive a reflection and parents will be informed via the standard proforma sent home. Leaders will monitor students who persistently and wilfully do not follow staff instructions and/or do not wear hats.

Students must keep their hats at school all year round for use during outside classroom activities and for those occasions when the UV radiation levels are high. School staff determine when students should wear their hats. This will be communicated to students as a required 'Hat Day'.

Sunscreen 30+ is available in each class for student and teachers to reapply throughout the day.

CURRICULUM

- As part of the Health and PE curriculum, teachers will regularly teach lessons on skin protection at all year levels.
- Regular information will be included in the newsletter about being sun smart.
- Guest speakers may be invited to work with classes around being sun smart.

ADDITIONAL STRATEGIES

- Students are actively encouraged to use shaded areas during days of high UV.
- Sun protection is incorporated into the planning of all outdoor events.
- A plan is in place to increase / maintain the amount of shade at the school.
- Teachers will reinforce the message of skin protection through modelling good practice in this area.
- Staff encourage students to apply sunscreen prior to play breaks or outside activities.
- Allow students to wear approved sunglasses. (Cat 2, 3, or 4 or a lens description of good UV protection).