



# SUNSMART POLICY

This policy has been developed in consultation with DECD, 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.

## **TYPE (STYLE) OF HAT**

**Students must have a labelled hat at school at all times.** This will be kept in their tray. The school dress code states that students have a choice of three styles of school hat, broad brimmed, legionnaire and bucket. Caps are not acceptable.

## **NO HAT, STAY IN THE SHADE RULE**

This rule applies at recess and lunch time from the beginning of the school year until the end of term 1, and from the 1st of September until the end of the school year.

Students who do not wear a school approved hat during this time must remain in the designated shade areas at recess and lunch play times. These areas are the main courtyard, the hard shade areas at the end of units and the shaded area under verandas of the Sea Dragon and Pelican building.

## **ELECTIVE HAT WEARING**

From the first day of term 2 until the end of term 3 each year, students may elect to wear or not wear their hats in the yard at recess and lunch play times. However, **students must keep their hats at school for use during outside class time activities** and for those occasions when the UV radiation levels are high and school staff determine that students should wear their hats. This will be communicated to staff & students as a 'Hat Day' or a 'Vitamin D Day' depending on the UV levels each day during the elective period.

Students who refuse to follow instructions from staff when directed to the hard covered shaded areas for not wearing a hat during the mandatory times will receive a school consequence (reflection room) and their parents will be informed via the standard proforma sent home when a child attends refectation.

Sunscreen 30+ is available in each class for students and teachers to use.

## **CLASSROOM OUTSIDE ACTIVITIES**

Where possible outdoor activities are conducted outside of peak UV times or held under shade or under cover. **activities such as PE and fitness are held outside, the no hat, stay in the shade rule applies all year round.**

School uniform is designed to provide good protection from sun damage. eg collared shirts and longer cuts on polo shirt sleeves.

## **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).