



# Montmorency Primary School

## SUN PROTECTION POLICY

### Rationale

Australia has the highest rate of skin cancer in the world. Research indicates that childhood and adolescent sun exposure is an important contributing factor to the development of skin cancer. As students are at school during times when UV radiation levels are highest, schools play a major role in minimising students' UV exposure. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later life.

Our Sun Protection Policy has been adopted to ensure that all staff and students attending Montmorency Primary School are protected from skin damage caused by UV radiation from the sun. This policy is to be implemented throughout the year, but with particular emphasis from the beginning of mid-August through to the end of April. The sun protection practices outlined in this policy will be applied to all school activities, including sport carnivals, excursions and camps. The policy has been developed in consultation with the whole school community.

### Our Commitment

- To inform parents of this Sun Protection Policy when they enrol their child/children.
- To brief all new staff on the Sun Protection Policy.
- To promote sun protection via newsletters, assemblies, daily messages, whole school activities, and parent and staff meetings.
- Staff to wear broad-brimmed, legionnaire or bucket hats for all outdoor activities, including yard duty.
- Students to wear broad-brimmed, legionnaire or bucket hats when outside.
- Direct students without a broad-brimmed, bucket or legionnaire hat to stay in an area that is protected from the sun. "No hat, no play, unless you're in the shade today."
- Students to wear broad-brimmed, legionnaire or bucket hats, sun protective clothing and sunscreen for all camps, sports activities and excursions. These items will be listed on the parent permission forms associated with each respective activity.
- Staff and students to wear a swim top/rash vest for outdoor swimming (this may not be appropriate during competitive swimming but will be required at all other times).
- Review the school dress code to include sun protection items such as shirts with collars and longer sleeves, and swim tops for swimming.
- Ensure there is adequate provision of shade within the school grounds for students and staff by planting trees and building shade structures, particularly in areas where students congregate to eat and outdoor lesson areas.
- Encourage staff and students to use shaded or covered areas when outside.
- Ensure that adequate shade is provided at sporting carnivals and outdoor events.
- Timetable as many outdoor activities as possible – including assemblies, sport and physical education – before 10am and after 3pm. When this is not possible, activities should be scheduled as far from 12 noon as possible.
- Encourage the use of SPF 30+ broad-spectrum, water resistant sunscreen by:
  - Allowing students time to apply sunscreen prior to outdoor activities e.g. prior to school, before lunch, PE lessons, sports, excursions, etc.
  - Incorporate sun protection and skin cancer awareness programs into the appropriate key learning areas of the school curriculum.

## Our Expectations

Parents/carers will:

- Ensure your child/children has a broad-brimmed, legionnaire or bucket/surfie style hat. The school recommends the following hats:
  - Broad-brimmed (minimum 7.5cm brim)
  - Legionnaire style
  - Bucket/surfie style (minimum 6cm brim)
- Ensure that your child/children's clothing provides adequate protection from UV radiation. The school recommends the following:
  - Collars and sleeves
  - Closely woven fabric
  - Natural fibre
  - Swim tops for swimming
- Ensure that your child/children has access to SPF 30+ broad-spectrum, water-resistant sunscreen before leaving for school.
- Act as positive role models by practising SunSmart behaviour.
- Supports the school's Sun Protection Policy and help design and regularly update the policy.

Students will:

- Be aware of the school's Sun Protection Policy.
- Take responsibility for their health by being SunSmart.
- Comply with SunSmart rules and guidelines by wearing suitable hats and clothing.
- Use shaded or covered areas outdoors.
- Act as positive role models for other students in all aspects of SunSmart behaviour.
- Participate in SunSmart education programs.

## Engaging children, educators, staff and families

- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website/intranet, staff and parent meetings, school assemblies, student and teacher activities and at student enrolment/new staff orientation.
- As part of OHS UV risk controls and role-modelling, staff, families and visitors:
  - wear a sun protective hat, covering clothing and, if practical, sunglasses;
  - apply sunscreen; and
  - seek shade whenever possible.

## Implementation

- To assist with the implementation of this policy, staff and students are encouraged to access the daily local sun protection times via the SunSmart widget on the school's website, the free SunSmart app, or at [sunsmart.com.au](http://sunsmart.com.au)
- The sun protection measures listed are used for all outdoor activities during the **daily local sun protection times**.

## Seek Shade

- The school council makes sure there are sufficient shelters and trees providing shade in outdoor areas particularly in high-use areas e.g. where students have lunch, canteen, assemblies, sports, outdoor lessons and popular play spaces.
- The availability of shade is considered when planning all other outdoor activities.

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- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- A shade assessment is conducted regularly to determine the current availability and quality of shade.

#### **Slip on sun protective clothing**

- Cool, loose-fitting, sun protective clothing made of densely woven fabric is included in our school uniform / dress code and sports uniform. It includes shirts with collars and elbow-length sleeves, longer dresses and shorts and rash vests or t-shirts for outdoor swimming.

#### **Slap on a hat**

- All students are required to wear hats that protect their face, neck and ears (legionnaire, broad-brimmed or bucket hat), whenever they are outside. Peak caps and visors are not considered a suitable alternative.

#### **Slop on sunscreen**

- Students must provide their own SPF30 (or higher) broad-spectrum, water-resistant sunscreen. Students are to apply sunscreen themselves with teacher supervision.
- Sunscreen is applied in accordance with the manufacturer's directions (which state to apply at least 20 minutes before going outdoors and reapply every two hours, or more frequently if sweating or swimming).
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).

#### **Slide on sunglasses (if practical)**

- Where practical students are encouraged to wear close-fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

### **Evaluation**

The School Council will review the effectiveness of this policy each year. They will:

1. Review the SunSmart behaviour of students, staff, parents and visitors to make recommendations for improvement.
2. Assess shade provision and usage and make recommendations for increased shade provision by applying for grants and fundraising.
3. Update and promote curriculum material relevant to SunSmart activities.

This policy was last ratified by School Council on

31 October 2017