



Education and Training

# GARRAN PRIMARY SCHOOL

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## SUNSMART POLICY

### Rationale

Australia has the highest incidence of skin cancer in the world. Over-exposure to the sun during childhood and adolescence is known to be a major cause of skin cancer. Levels of ultraviolet radiation are particularly high in Canberra due to the altitude, clean air and the number of hours of sunshine.

The Garran Primary School SunSmart Policy has been developed to ensure that all students and staff attending this school are protected from skin damage caused by harmful ultraviolet rays of the sun.

Most Australians receive the bulk of their vitamin D supply from exposing their skin to small amounts of ultraviolet radiation in sunlight. Due to low levels of ultraviolet radiation in Canberra during winter months, the Cancer Council ACT does not recommend sun protection in June and July. This is to reduce the risk of vitamin D deficiency in the ACT region.

### Aims

This policy aims to ensure that Garran Primary School effectively implements behavioural, environmental and organisational strategies that protect children attending the school from harmful effects of the sun.

The policy aims to promote among children, staff and parents:

- awareness of the need for sun protection and appropriate personal, environmental and organisational sun protection practices;
- positive attitudes towards skin protection; and
- responsible decision making about skin protection.

### Procedure

#### Scheduling of activities

Minimise the time being in the direct sun between the hours of 10am and 2pm (Eastern Standard Time) and 11am and 3pm (Daylight Saving Time).

In terms 1 and 4 whenever possible, outside activities will be scheduled before 11am to avoid the danger period for UV radiation.

In terms 2 and 3 there is greater flexibility when scheduling outside activities due to the lower ultraviolet radiation levels.

#### Shade

Staff and children will be encouraged to use available shade whenever outdoors.

The management committee (School Board, P&C and School Executive team) will work to ensure there are shelters and trees providing adequate shade in the school grounds.

- The provision of shade cloth over fixed equipment and asphalt area.

- Provision of more shade trees.

## Clothing

Children and staff will be encouraged to wear clothing that protects the skin.

- Children and staff will be expected to wear a SunSmart hat e.g. a broad brimmed, legionnaire style hat, or a bucket hat with a deep crown that provides sun protection for the face, neck and ears, whenever they are involved in outdoor activities. The three types of hats will be displayed at school assemblies at the beginning of each term. Children not wearing an appropriate hat will be expected to play in the shade.
- Children and staff are encouraged to wear shirts with collars, longer sleeves and longer style shorts/skirts.
- Parents will be advised on enrolment of the requirements to dress children in appropriate sun protective clothing.

## Sunscreen

- Parents will be encouraged to supply broad spectrum, water resistant sunscreen with an SPF of 30+ or higher for their children.
- Staff and students will be encouraged to use SPF 30+ or higher broad spectrum, water resistant sunscreen for activities and excursions organised by the school.
- The preschool will provide a supply of spare sunscreen and will assist children to apply it.
- The school will also provide sunscreen in classrooms for the application by students during the course of the day.
- The school will notify all parents/carers about the use of sunscreen at the school on enrolment and annually.

## Sunglasses

If students wish to wear sunglasses the following advice can assist in purchasing those that provide adequate protection from the sun:

- Wraparound sunglasses are tinted to protect against ultraviolet light penetration and glare at the front and sides of the face; and
- Sunglasses should meet the Australian Standard for ultraviolet protection. These are labelled AS 1067.

## Education

Reinforcing the SunSmart message is an important strategy in the adoption of skin protection behaviours. Garran Primary School's SunSmart policy includes the five sun protection measures:

1. **Slip** on sun protective clothing
2. **Slop** on SPF 30+ broad spectrum sunscreen
3. **Slap** on a hat
4. **Seek** shade
5. **Slide** on some sunnies

- Staff will be encouraged to role model appropriate SunSmart strategies.
- Staff will be encouraged to keep up to date with new information and resources through contact with the education service at the Cancer Council ACT.
- Skin cancer prevention will be included in appropriate teaching activities.
- Parents will be encouraged to role model appropriate SunSmart strategies when attending the school.
- The school will promote the SunSmart message to parents and carers.

### **Policy**

The policy will be evaluated on an ongoing basis and formally reviewed every two years. Policy issues will be discussed at staff and parent meetings.