



Flemington Primary School

POLICY FOLDER

Student Wellbeing SunSmart Policy

Rationale:

Too much ultraviolet (UV) radiation from the sun can cause sunburn, skin damage, eye damage and skin cancer. Australia has the highest incidence of skin cancer in the world, with two in three Australians developing some form of skin cancer during their lifetime. Overexposure to the sun during childhood and adolescence is known to be a major cause of skin cancer.

Our Sunsmart policy has been developed to ensure that all children attending this school are protected from excessive heat and skin damage caused by the harmful ultra-violet rays of the sun. Children are encouraged to be SunSmart throughout the entire year, however particular SunSmart regulations apply during Term One and Four – the terms when UV radiation is strongest. Particular care is taken between 10 am and 2 pm (11 am and 3 pm daylight saving time) when UV Index levels reach their peak during the day.

Aims:

The policy aims to educate students as to suitable Sunsmart protection strategies and to encourage children, parents and teachers to protect themselves from the harmful effects of the sun while at school. As part of general SunSmart strategies, our school will:

Implementation:

- Require all children to wear broad brim hats which protect the face, neck and ears whenever they are outside (e.g. recess, lunch, sport, excursions) during Terms One and Four. Students are strongly encouraged to wear hats during terms 2 & 3.
- Require all children to wear appropriate clothing at all times, e.g. tops/dresses that cover their stomachs and shoulders.
- Encourage the parent community to provide SPF 30+ broad spectrum, water resistant sunscreen for student use whenever possible and have sunscreen available in each classroom.
- Encourage children to use available areas of shade for outdoor activities.
- Expect children who do not have the appropriate Sunsmart clothing (hat and shoulders covered) to remain in the shelter shed or under shade in a designated place during all outdoor activities and play times.
- Encourage the parent community to support the wearing of hats to and from school during Terms 1 and 4.
- Expect/ request staff and encourage parents to act as role models by practising SunSmart behaviours.

- Expect/request staff to model SunSmart behaviour when participating in outdoor activities and yard duty, especially during terms one and four.

Curriculum

- Incorporate programs on skin cancer prevention and SunSmart behaviours into the curriculum at all grade levels.
- Publish reminders in the school newsletter.
- Regularly reinforce SunSmart behaviour in a positive way through newsletters, parent meetings, student and teacher activities.
- Ensure the Sunsmart policy is reflected in the planning of outdoor events where possible (eg. Camps, excursions, sporting events).
- Have children designing their own hats focusing on the important design issues of a sunsmart hat.

Environment

- Provide sun protective clothing as part of our school uniform.
- Schedule outdoor activities before 11am and after 3pm (10am and 2pm during daylight saving times) during Terms 1 and 4 whenever possible.
- Require children to be inside on days on which it is deemed (by staff/leadership) it to be too hot to be involved in outside activities.
- Schedule outdoor assemblies early in the day or in amphitheatre where students can be in the shade.
- Organize outdoor activities to be held in areas of shade whenever possible.

References:

<http://www.education.vic.gov.au/healthwellbeing/childyouth/catalogue/sections/sunprotection-ind1.htm>

<http://www.education.vic.gov.au/ecsmanagement/careankinder/csg/outdoorguide/landscape/sun.htm>

<http://www.sunsmart.com.au/>

<http://health.ninemsn.com.au/pregnancy/parenthood/688978/sunsmart-save-your-babys-skin>

http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Skin_cancer_children?OpenDocument

http://www.sunsmart.com.au/news_and_media/media_releases/media_release_20090302.html

This Policy was ratified by the School Council on 24th October 2008 and will be reviewed as part of the 3 yearly cycle