

SUNSMART POLICY

Students must wear a bucket, full brim or legionnaires hat at all times (except in the winter months unless the UV Index level is 3 and above) when involved in outside activities.

Peaked caps are not allowed.

Rationale

- In Australia 400,000 people are diagnosed with skin cancer every year, with at least 2 in 3 treated for skin cancer before the age of 70. Over 1,700 people die from skin cancer each year in Australia.

There are four factors, often occurring simultaneously, which contribute to these statistics:

1. The population is predominantly fair-skinned.
 2. Ultraviolet light from the sun is of sufficient intensity to induce skin cancer in this susceptible population.
 3. For most of the last century social values have supported the belief that a suntan is healthy and attractive.
 4. Lifestyle, work, school and recreational habits expose people to the sun for long periods.
- Skin damage, including skin cancer is the result of cumulative exposure to the sun. Much of the damage occurs during childhood and adolescence. Research suggests that severe sunburn is a contributor to skin cancer and other forms of skin damage such as wrinkles, sunspots, blemished and premature aging. Nearly all skin cancer can be prevented by protecting the skin from over-exposure to UV radiation.

Aims

- The aims of the SunSmart policy is to promote among students, staff and parents at Bellevue Heights Primary School:
 1. Positive attitudes towards sun protection and ensure families and new staff are informed of the policy.
 2. Lifestyle practices which can help reduce the incidence of skin cancer and the number of related deaths.
 3. Personal responsibility for and decision-making about skin protection.
 4. Awareness of the need for environmental changes in schools to reduce the level of exposure to the sun.
 5. Children and staff to use a combination of sun protection measures whenever the UV Index levels reach 3 and above.
 6. Children and staff have some UV exposure for vitamin D.

Purpose

- The purpose of the procedure is to ensure that all students attending our school are protected from skin damage caused by the harmful ultraviolet rays of the sun. When the UVR level is 3 and above sun protection measures will be implemented.
- Because high UVR levels can also occur during May to August hats need to be available at all times. Our task is to build a culture where children have hats with them most of the time but can be removed when the UVR level is below 3, so as to receive adequate vitamin D for the development and maintenance of strong, healthy bones.

Strategies

- Students will wear hats which protect the face, neck and ears whenever they are outside – eg sport, sports carnivals, outdoor excursions and activities. Legionnaires, bucket or wide-brimmed hats are recommended.
- Students who do not have their hats with them will play in an area protected from the sun under the outside COLA.
- Students will be encouraged to use available areas of shade for outdoor play activities when the UVR level is 3 and above.
- Outdoor activities will be held in areas of shade whenever possible.
- Teachers will schedule outdoor activities outside peak sun protection times whenever possible.
- Staff, visitors and parents will be encouraged to act as role models by practising SunSmart behaviour including wearing hats, sunscreen and protective clothing.
- Staff will ensure that adequate shade is provided at sporting carnivals and outdoor events.
- The school community will continue to provide more shelters and share trees as funds permit.

- Staff will encourage the use of SPF 30+ broad spectrum, water resistant sunscreen for themselves and students. Sunscreen should be applied 20 minutes before going outside and should be regularly re-applied (around every 2 hours) if outdoors for an extended period of time or involved in physical activity or water activities. A provision for its purchase will be made in the school budget.
- Teachers will incorporate programs on skin cancer prevention, sun protection and vitamin D in the curriculum.
- Teachers will reinforce regularly the SunSmart policy in a positive way through newsletters, parent meetings, student and teacher activities.
- When enrolling a child, parents will be informed of the SunSmart Policy and an appropriate hat for their child's use will be provided by the school.
- This SunSmart Policy will be reviewed regularly (at least every three years) to ensure the information remains current and relevant.