



Our vision is to inspire a community of learners to achieve personal greatness.

141 Woodford Rd, Elizabeth North SA 5113 P - 08 8255 2327 F - 08 8287 0262 E - dl.0825.info@schools.sa.edu.au W - www.elizn7c7.sa.edu.au

Elizabeth North Primary School Sunsmart Policy

Save your skin, slip, slop, slap, seek & slide

Rationale

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure during childhood and adolescence is a major factor in determining future skin cancer risk. Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. Sensible sun protection when UV is 3 and above does not put people at risk of vitamin D deficiency.

Source: Cancer Council SA

Aims

The aims of Elizabeth North Primary School Sun Smart Policy are to promote among students, staff and parents/carers:

- Positive attitudes towards skin protection
- Lifestyle practices which can help reduce the incidence of skin cancer and the number of related deaths
- Personal responsibilities for and decision-making about skin protection
- Awareness of the need for environmental changes in schools to reduce the level of exposure to the sun.

This policy is for implementation throughout the year. The purpose of this policy is to ensure that all children attending our school are protected from skin damage caused by harmful ultraviolet rays of the sun. A UV index of 3 and above is strong enough to cause skin damage and increase risk of skin cancer, and in South Australia UV averages 3 and above from 1 August to 30 April (Terms 1, 3 and 4). Extra care should be taken, and sun protection should be made a priority during these times.

As a Part of General Skin Protection Strategies

All students will wear a school approved broad brimmed, or bucket hat as recommended by Cancer Council SA whenever they are outside e.g. recess and lunch, physical education lessons, sports carnivals, outdoor excursions and other activities.

Students are advised to wear appropriate clothing e.g. NO singlets or dresses without sleeves and to bring adequate fluids they can consume throughout the day. Appropriate clothing includes tops with collars and longer style sleeves, and longer style shorts, dresses and skirts.

Students who do not have a school approved broad brimmed or bucket hat or appropriate clothing will be required to play in a supervised shaded area.





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Students will be encouraged to use available areas of shade for outdoor play activities.

Outdoor activities will be held in areas of shade whenever possible.

The school hot weather policy states that students will remain inside at recess and lunch on days when the forecast reaches 35 degrees or over.

For Work Health and Safety and role modelling, staff will practise Sun Smart behaviour by:

- Wearing protective hats and appropriate clothing for all outdoor activities especially when on yard duty
- Using SPF 30 or higher broad spectrum, water resistant rated sunscreen, applying when the UV is 3 and above 20 minutes before going outside and if outdoors will re-apply every two hours or sooner when involved in water activities. Seeking shade whenever possible.

Our School Will

- Ensure that hats are appropriate and satisfy Cancer Council SA guidelines
- Ensure that adequate shade is provided at sporting carnivals and outdoor events
- Reschedule outdoor activities/events to be held outside peak radiation times whenever possible
- Provide SPF 30 or above, broad spectrum, water resistant sunscreen for staff and student use whenever possible. Students will be actively encouraged to apply sunscreen 20 min before going outdoors and reapply every 2 hours when outdoors, when the UV is 3 and above. UV averages 3 and above from 1 August to 30 April (Terms 1, 3 and 4) and reminders for sunscreen application should be made a priority during these times.
- Incorporate programmes on skin cancer prevention in the curriculum every second year level; reinforce regularly the Sun Smart policy in a positive way through newsletter, parent meetings, student and teacher activities
- Review the policy every 2 years.

When enrolling a student, parents/caregivers will be:

- Informed of the Sun Smart Policy
- Requested to purchase a hat or provide a school approved broad brimmed or bucket hat for their child's use
- Encouraged to apply sunscreen to their child prior to school each day
- Encouraged to practise skin-protective behaviour themselves
- Asked to sign the statement on the Student Information Form supporting the Sun Smart Policy

