

Sun Protection Policy

1. *Rationale-*

Too much exposure to ultraviolet (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of skin cancer. Australia has the highest rate of skin cancer in the world.

This policy is followed whenever UV Index levels reach 3 and above. In Victoria, average UV Index levels are 3 and above from the beginning of September until the end of April. As such, a particular emphasis will be given to the school's Sun Protection Policy from the beginning Term 4 through to the end of Term 1.

It is recognised that for the policy to be effective it must be a whole school approach and that staff model desired behaviours.

Recommendations from The Cancer Council (Victoria) have been used as a basis for Pakenham Springs Primary School's Sun Protection Policy.

2. *Purpose of Policy-*

The purpose of the Pakenham Springs Primary School Sun Protection Policy is to:

- increase student and community awareness about skin cancer and sun protection
- encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above
- work towards a safe school environment that provides shade for students, staff and the school community
- assist students to be responsible for their own sun protection
- ensure that families and new staff are informed of the school's Sun Protection policy

3. *Implementation Guidelines-*

Pakenham Springs Primary School's sun protection strategies -

- All students and staff will use a combination of sun protection measures whenever the UV Index reaches 3 and above to ensure they are well protected. Particular care will be taken between 10 am and 2 pm (11 am and 3 pm daylight saving time) when UV Index levels reach their peak.
- Our Sun Protection Policy is considered when planning all outdoor events e.g. assemblies, camps, excursions and sporting events. Where possible, we will have outdoor activities or events earlier in the morning or later in the afternoon, or we try using indoor venues.

Shade

- The Pakenham Springs School Council will work towards ensuring there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where students congregate
- In consultation with the School Council and Business Manager, shade provision is considered in plans for future grounds development
- The availability of shade will be considered when planning excursions and all outdoor activities
- Students will be encouraged to use available areas of shade when outside
- Students who do not have appropriate outdoor clothing will be asked to play in the shade
- Where the student does not wear an approved hat during 1st September and 30th April the procedure specified below will be followed.
- Physical Education sessions from 1st September and 30th April will be held in the school gym as much as practical

Clothing

- Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is made of close weave fabric and includes shirts with collars and longer sleeves and longer style dresses

Hats

- Students are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats, whenever they are outside. Baseball caps do not offer enough protection and are therefore not permitted to be worn at school
- During the school's emphasis on sun protection, initiatives will be introduced to encourage the wearing of approved hats (i.e. Hat Lotto; the issuing by teachers on yard duty of special certificates to students wearing an approved hat; class rewards for the class that has all students wearing an approved hat)
- The following procedure will be followed in a student doesn't wear an approved hat between 1st September and 30th April:

Step One:

Between 1st September and 30th April, teachers will keep a roll of students who are not wearing an approved hat. A class checklist sheet will be used and will cover a two week period.

The class teacher will issue a Sun Protection Reminder Notice and the child will be restricted to a designated shade play area for the day.

Step Two:

If a student is recorded as not wearing a broad brimmed hat three times over the two week period the class teacher will issue an official Sun Protection Letter. This letter will remind the parents of the school's Sun Protection Policy and will indicate the next course of action if an approved hat is not worn. The letter will be signed by the parent and returned to the class teacher the following day.

Step Three:

If the student still doesn't wear an approved hat after the issuing of the official Sun Protection Letter, the principal will contact the parents indicating that the student will need to be collected from the school for recess and lunchtimes.

Sunscreen

- Parents are encouraged to provide their child with SPF 30+ broad spectrum, water resistant sunscreen. Where possible Sunscreen should be applied at least 20 minutes before going outdoors and reapplied every two hours if outside for long periods.

Role modelling

At Pakenham Springs Primary school it is recognised that staff act as role models by:

- wearing sun protective hats, clothing and sunglasses when outside
- applying SPF 30+ broad spectrum, water resistant sunscreen
- seeking shade whenever possible

Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses and sunscreen) when participating in and attending outdoor school activities.

Curriculum

Programs on skin cancer prevention are included in the curriculum for all year levels.

Communication

Sun protection behaviour is regularly reinforced and promoted to the whole school community through newsletters, parent information books, parent meetings, staff meetings, school assemblies, student and teacher activities and on student enrolment (as part of the school's enrolment package).

4. Evaluation-

The Pakenham Springs School Council and staff monitor and review the effectiveness of the sun protection policy every three years and revise the policy when required. This policy was last reviewed in May, 2019 and is scheduled for review in May, 2022.

This policy is published on the Pakenham Springs Primary School website.