

Stockdale Road Primary School SUNSMART POLICY

Responsibility: School Council

Reviewed: October 2012

Background:

Overexposure to UV during childhood and adolescence is a major factor in determining future skin cancer risk. Melanoma is the most common cancer in young Australians aged 13-24 years.

Ultraviolet (UV) radiation:

- cannot be seen or felt
- comes directly from the sun and can also be scattered in the air and reflected by surfaces such as buildings, concrete, snow, and sand
- can pass through light clouds
- is measured by a UV index that:
- indicates the amount of UV radiation that reaches the earth's surface
- categorises the level of risk from low (index of 1-2) to extreme (index of 11+)
- varies in intensity across the year
- is normally highest during school hours.

Healthy levels of exposure:

Too much exposure to UV radiation can cause:

- skin damage (this is not always immediately evident)
- sunburn
- skin cancer
- short-term eye complaints such as:
 - mild irritation
 - excessive blinking
 - swelling
- more serious eye damage over long periods such as:
 - cataracts
 - cancer of the conjunctiva
 - pterygium (benign growth of the conjunctiva)
 - ocular melanoma.

Too little exposure to UV radiation can lead to low vitamin D levels.

Vitamin D:

- regulates calcium levels in the blood
- is vital for healthy bones, muscles, teeth and general health.
- healthy levels need to be maintained throughout the year.

Purpose:

The purpose of this document is:

- support staff and students to use a combination of sun protection measures when UV index levels are 3 or higher and allow sun exposure when UV levels are below 3

Responsibility of Parents and Carers:

- to purchase the correct head wear for their child/ren – that is a legionnaires, bucket or broad brimmed blue hat.
- provide sunscreen that is suitable for their child's skin

Responsibility of Students:

- to be aware that the UV Index level generally reaches level 3 or above in those months from September through to May.
- to wear a legionnaires, bucket or broad brimmed blue hat during Terms 1 and 4 whenever outside the classroom – PE, sport, excursion or outdoor events.
- to apply broad spectrum water resistant sunscreen (SPF30+) according to manufacturer's directions, under supervision of teachers
- to wear close Australian Standard 1067 approved sunglasses if they should choose to do so.
- to use the available areas of shade.

Responsibility of Teachers:

- to teach and promote healthy Sunsmart behaviours at each grade level.
- to be aware that the UV index level generally reaches level 3 or above in those months from September through to May.
- to wear a legionnaires, bucket or broad brimmed hat during Terms 1 and 4 whenever outside the classroom – PE, sport, excursion or outdoor events.
- to actively encourage students to wear a broad spectrum water resistant sunscreen (SPF30+) when outside during Terms 1 and 4.
- to actively encourage students to wear Australian Standard 1067 approved sunglasses when outside during Terms 1 and 4.
- to encourage the students to use the available areas of shade.
- particular care will be taken with outside activities between the hours of 10am and 2pm -11am and 3pm daylight savings time – (when UV levels reach their peak) during Terms 1 and 4.
- to promote a combination of sun protection strategies when planning all outdoor activities (camps, excursions, sporting events, swimming or athletic carnivals).

- to highlight and reinforce Sunsmart protection strategies via the newsletter and assemblies.
- develop strategies that remind students to apply sunscreen before going outdoors (reminder notices, sunscreen monitors, sunscreen buddies)

Responsibility of School Council:

The school council should ensure there is sufficient shelters and trees to adequately shade the school grounds, particularly in the following spaces:

- where students congregate for lunch
- the canteen
- outdoor lesson areas
- popular play areas
- assembly areas
- sporting grounds/pools.

The school council should also:

- ensure there is the provision for shade in planning for future buildings or grounds
- consider the availability of shade when planning excursions and outdoor activities
- complete a periodic shade audit to determine the availability and quality of shade

Compliance with Student Uniform Policy:

- this policy is to be read as part of our Student Dress Code.
- students with no hat, or who have incorrect headwear, will be restricted to play in a designated shaded area.

This policy is to be reviewed in 3 years time to be endorsed by School Council.

This policy was last ratified by School Council in November 2012