



Rationale

Australia has one of the highest incidence of skin cancer in the world, with two out of three people being diagnosed with skin cancer before aged 70. 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. Too little UV 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 the UV is 3 and above does not put people at risk of vitamin D deficiency.

Melanoma is the most common cancer in Australians aged 12-24 years, and sun exposure during childhood and adolescence is a critical factor in determining future skin cancer risk.

Stradbroke School actively promotes a Sun Protection Policy.

We believe skin protection is a personal responsibility. We encourage all of the members of our school community to use effective skin protection.

Aims

The aims of the Stradbroke School Sun Protection Policy is to promote among children, staff and parents:

- positive attitudes towards skin protection
- every day practices which can help reduce the incidence of skin cancer and related illnesses
- personal responsibility for decision making about skin care and protection
- awareness of strategies to protect our bodies from overexposure to UV radiation from the sun.

Implementation

In line with the Department for Education and SunSmart guidelines, this policy is implemented all year round. Hats will be worn in terms 1 – 4; and sunscreen will be made a priority during terms 1, 3 and 4 and whenever the UV is 3 and above at other times. Staff are encouraged to access the daily sun protection times via the SunSmart app, sunsmart.com.au, www.myuv.com.au or bom.gov.au to assist with implementing this policy.

Implementation times for Out of School Hours Care Program and Vacation Care Program are as follows:

Before school care: sun protection is not required as the UV is rarely above 3 during this time.

After school care: sun protection is required during terms 1 and 4, and whenever the UV is 3 and above at other times.

Vacation care: sun protection is required for all outdoor activities during terms 1, 3 and 4, and whenever the UV is 3 and above at other times.

It is the expectation that all staff, students and parents of Stradbroke School, inclusive of Out of School Hours Care Program will use the following skin protection strategies:

- Encourage the entire school community via newsletters, emails to families and staff meetings to use a combination of sun protection measures for all outdoor activities during the designated implementation times.
- Take particular care during the peak UV times of the day.
- When outdoor activities are scheduled during the peak UV times of the day, they will be held in shaded areas, where possible.
- Use the shade of trees, pergolas and the shade of the sail cloth structures when outdoors.

- Wear appropriate clothing that protects the skin.

Expectations

1. Hats

Students and staff will be expected to wear an appropriate hat whenever they are involved in outside school activities in all terms. At Stradbroke School students and staff are expected to wear either a broad-brimmed, bucket or legionnaire's hat that covers face, back of the neck and ears. Baseball caps are not acceptable. Children not wearing a hat will be asked to play in the shade.

2. Clothing

Children at school will be expected to wear the school uniform that includes clothing made of closely woven material including a shirt with a collar and longer sleeves, longer style skirts, dresses and shorts.

Children at Vacation Care programs will be instructed to wear clothing to protect their skin. This includes shirts with collars and elbow length sleeves, longer style shorts and dresses, and rash tops or t-shirts for swimming. Children wearing a singlet top or dress will be required to wear a shirt/t-shirt over the top before going outdoors.

On casual clothes days, children are still required to dress in clothing to protect their skin.

3. Sunscreen

During terms 1, 3 and 4 and whenever the UV is 3 and above at other times, students will be encouraged to apply a broad-spectrum, water resistant sunscreen with an SPF of 30+ or higher to clean, dry skin 20 minutes before going outdoors, and reapply 2 hourly if outside for extended periods of time or sooner if involved in water play or perspiring.

Strategies including daily practice and inclusion in the Health curriculum are in place to remind students to apply sunscreen before going outdoors.

Parents will be asked to supply suitable sunscreen for their children.

4. Shade

The school, in consultation with Governing Council will ensure that there are a sufficient number of shelters and trees providing shade in the school grounds, particularly in areas where students congregate.

The availability of shade is considered when planning excursions and all other outdoor activities.

5. Sunglasses (optional)

Students and staff are encouraged to wear close-fitting, wraparound sunglasses that meet the Australian Standard 1067:2016 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

6. Staff WHS and role modelling

As part of WHS UV risk controls and role modelling, Stradbroke School staff promote, model and reinforce Sun Smart strategies and activities, wear sun protective hats, clothing and sunglasses, apply an SPF of 30+ or higher broad spectrum, water resistant sunscreen, and where possible, seek shade when outdoors.

7. Policy Review

The Stradbroke School's Sun Protection Policy will be reviewed at least every 3 years to ensure the information remains current and relevant. **To be reviewed in 2024**

Curriculum

- Programs on skin cancer prevention will be included in the curriculum at each year level.
- Staff will be informed about new information and resources through contact with Cancer Council SA.
- Information about the school's Sun Protection Policy will be given to all new staff, students and families.

Hot Weather School Policy

- When the estimated temperature is 36 degrees and over, children are not to play outdoors.
- An announcement will be made and children will remain in classrooms with staff sharing supervision.
- When the predicted maximum is 35 degrees and over, outdoor fitness lessons must be held before 10 a.m.

