



Stradbroke School
Principal: Tanya Scanlan

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STRADBROKE SCHOOL Sun Protection and Hot Weather Policy

Rationale

Australia has one of the highest incidences of skin cancer in the world, with two out of three people being diagnosed with skin cancer in their life time. 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.

UV radiation is an invisible source of radiation from the sun and unlike infrared radiation (heat) we cannot feel UV on our skin. UV levels are not dependent on weather conditions. You can get sun damage on windy, cloudy and cool days. Sun damage is caused by UV radiation, not temperature or sunshine.

Melanoma is the most common cancer in Australians. 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 encouraged 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, 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.

OSHC: Sun protection is required when outdoors.

Vacation care: Sun protection is required for all outdoor activities.

It is the expectation that all staff, students and parents of Stradbroke School and 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 shelters when outdoors.
- Wear appropriate clothing that protects the skin.
- Students who are not wearing a SunSmart hat or appropriate clothing are asked to play under shelters or return indoors.
- This policy applies to all school activities and events, on and off site.

Expectations



Government
of South Australia
Department for Education





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1. Hats

- Students and staff will be expected to wear an appropriate hat whenever they are involved in outside school activities. 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.
- OSHC will ensure students 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

- All year whenever UV is 3 and above at other times, students will be encouraged to apply a broad-spectrum, water resistant sunscreen with an SPF of 50+ , 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.
- 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 50+ broad spectrum, water resistant sunscreen, and where possible, seek shade when outdoors.
- Staff are encouraged to access the daily local sun protection times using the free SunSmart Global UV app, SunSmart widget, myuv.com.au, or the Bureau of Meteorology website each day to support the implementation of sun protection at the school.

6. 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 2028***

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.
- A combination of sun protection measures are considered when planning outdoor activities.

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.

Ratified by Governing Council 10/09/2025



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