



# ALBANY RISE PRIMARY SCHOOL

## Sun Smart School Policy

RATIFIED BY SCHOOL COUNCIL: 23<sup>rd</sup> May 2018

REVIEW DATE: 2021

### BACKGROUND:

Skin cancer is a significant health problem in Australia. We can now estimate that two out of three Australians will develop at least one skin cancer in their lives. Whilst skin cancer most often occurs in adults, research is increasingly establishing a link between our childhood exposure and our risk of developing skin cancer. Our behaviour during the first fifteen years of life in Australia is critical.

### PURPOSE:

- 1.1 To protect all students and staff attending this school from skin damage caused by the harmful ultra-violet rays of the sun.
- 1.2 To teach students about their skin and ways to protect it, encouraging them to develop good habits for the future and acting to protect them now.
- 1.3 To put a barrier between the sun's rays and student skin. Ideally this should be a natural barrier such as shade from a tree or umbrella, a hat or clothing.
- 1.4 To work towards a safe school environment that provides shade for students, staff and the school community.
- 1.5 To assist students to be responsible for their own sun protection
- 1.6 To ensure that families and new staff are informed of the programs
- 1.7 To encourage the entire school community to use a combination of sun protection measures as appropriate and per SunSmart guidelines.
- 1.8 To support appropriate OHS strategies to minimize UV risk and associated harms for staff and visitors.

### GUIDELINES:

#### 2.1 Behaviour

During terms 1 and 4 and **on any day Sun Protection** UV levels are 3 or higher, Sun protection is needed for all skin types. In Victoria, UV levels regularly reach 3 or higher from mid-August to the end of April.

Albany Rise Primary School will:

- require children to wear an Albany Rise Primary School broad-brimmed, bucket or legionnaire hat which protects the face, neck and ears whenever they are outside (eg. recess, lunch, sport, excursions).
- work with the parent community to provide SPF 30 (or higher) broad spectrum, water resistant sunscreen for staff and student use whenever possible.
- encourage the application of sunscreen before school and at least 20 minutes before going outdoors and reapplying every two hours or more frequently if sweating or swimming outdoors.
- encourage children to use available areas of shade for outdoor activities.
- Students who do not have appropriate hats are asked to play in the shade or a suitable area protected from the sun.
- require all staff and encourage parents and visitors to act as role models by practising good SunSmart behaviours (wearing sun protective hats' covering clothing, applying sunscreen, wearing sunglasses and seeking shade).

#### 2.2 Curriculum

Albany Rise Primary School will:

- Incorporate programs on skin cancer prevention into the curriculum.
- Reinforce and promote SunSmart behaviour in a positive way through newsletters, school website/intranet, staff and parent meetings, student and teacher activities.

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- Ensure the Sunsmart Policy is reflected in the planning of all outdoor events during the daily local sun protection times. (eg., camps, excursions, sporting events).
- To assist with the implementation of this policy, staff and students are encouraged to via the SunSmart widget on the school's website, the free SunSmart app, or at [sunsmart.com.au](http://sunsmart.com.au)

### 2.3 Environment

Albany Rise Primary School will:

- Have strategies in place to remind students to apply sunscreen before going outdoors (eg. reminder, notices, sunscreen monitors, sunscreen buddies)
- Ensure the school uniform includes cool, loose fitting, sun protective clothing that includes elbow length sleeves, longer dresses and t-shirt/rash vet for outdoor swimming.
- Conduct outdoor activities in areas of shade whenever possible.
- Work towards increasing the number of shelters and trees to provide adequate shade around the oval and other areas of the school ground.
- Conduct assemblies indoors.
- Develop and implement a UV communication strategy for the whole school community that includes:
  - newsletters
  - the school's homepage
  - staff meetings, parent meetings, school assemblies
  - curriculum activities and school events
  - information at enrolment.
  - flexibuzz

### 2.4 Evaluation

Albany Rise Primary School will:

- Review the SunSmart behaviour of students, staff, parents and visitors and make recommendations for improvement and policy revision.
- Assess shade provision and usage and make recommendations for increases in shade provision.
- Update and promote curriculum material relevant to SunSmart activities

#### References:

<http://www.education.vic.gov.au/school/principals/spag/health/pages/sun.aspx>

<http://www.sunsmart.com.au/>

Occupational Health and Safety Act 2004

Education and Training Reform Act 2006: Sch.5 Reg. 1(1.2)

Principal: \_\_\_\_\_

School Council President: \_\_\_\_\_

Date ratified by School Council: 23<sup>rd</sup> May 2018

**To be reviewed:** 2021

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