



RIVERTON PRIMARY SCHOOL

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SunSmart Policy

Rationale:

Australia has one of the highest incidence of skin cancer in the world, with at least 2 out of 3 people diagnosed with some form of skin cancer before aged 70. Sun exposure during childhood and adolescence is a critical factor in determining future skin cancer risk.

Skin damage, including skin cancer, is the result of cumulative overexposure to UV radiation. UV radiation cannot be seen or felt, and is unrelated to infrared radiation, and therefore unrelated to temperature. Too much UV radiation from the sun can cause sunburn, skin damage such as wrinkles, blotches and other signs of aging. It is estimated 95-99% of skin cancers are caused by overexposure to UV radiation, and can therefore be prevented by adequately protecting the skin when the UV is 3 and above.

Schools are ideally placed to help reduce the risk of skin damage for staff and students by implementing a combination of sun protection measures when the UV is 3 and above.



Aims:

The aims of the Riverton Primary School Policy are to promote among students, staff and parents:

- positive attitudes towards skin protection.
- lifestyle practices which can help reduce the incidence of skin cancer and the number of related deaths.
- assist students to be responsible for their own sun protection.
- ensure families and staff are informed of the school's sun protection policy.



Implementation:

This policy is for implementation throughout the whole school year. In line with DECD guidelines and the school's SunSmart status, sun protection measures will be implemented from 1st August to 30th April, and when 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 www.bom.gov.au to assist with implementing this policy.

The purpose of the policy is to ensure that all members of our school community are protected from skin damage caused by the harmful ultraviolet rays from the sun.

All members of the school community will be strongly encouraged to use the following skin protection strategies:

1. Avoid being in the direct sun during the peak UV times of the day, whenever UV is 3 or above.
 - 1.1. Lunch period will be 40 minutes from 11:05am to 11:45am, with students eating lunch in the shade for 10 minutes.
 - 1.2. Recess period will be 20 minutes from 1:30pm – 1:50pm.
 - 1.3. Whenever possible, when UV is 3 or above, all outdoor activities will be scheduled to avoid peak UV times and be conducted indoors or in the shaded areas of the school, if practical.
 - 1.4. An inclement weather policy states students will remain indoors for all of lunchtime on days when the temperature under the verandah is 36°C or more. School assemblies will be held in the school activity hall.
 - 1.5. Sports day will be held in term 2 or 3.
 - 1.6. The timing of the swimming carnival will be reviewed at the beginning of each year.
2. Use the shade of trees, pergolas, umbrellas and tents whenever outdoors.
 - 2.1 Ample shade is provided within the school grounds in the form of verandahs, pergolas and trees.
 - 2.2 Tents, umbrellas and shades are provided at all outdoor events eg. Sports day, swimming carnivals.
 - 2.3 Shading of play equipment to go on Riverton Primary School future plan.
3. Wear appropriate clothing that protects the skin.
 - 3.1 From 1st August through until 30th April, students and staff will be expected to wear a broad brimmed or legionnaire style hat with a brim width a minimum of 7cm. whenever involved in outside school activities. The hat is to be navy and or white, and non-patterned. Students not wearing an appropriate hat or clothing will be asked to move to the Activity Room Verandah.
 - 3.2 Students will be expected to wear shirts with collars and sleeves, and longer style shorts/skirts.
 - 3.3 All students will be able to purchase a hat from the school.
 - 3.4 From 1st August through until 30th April, students will be required to wear the school uniform, which provides appropriate sun protection. It includes shirts with collars and longer style sleeves, and longer style dresses and shorts. Rash tops or t-shirts are required for outdoor swimming.
4. Apply a broad spectrum and water resistant sunscreen with a SPF of 30+ to clean, dry skin, 20 minutes before going outdoors. Reapply sunscreen every two hours if outdoors for a prolonged period of time, or more frequently if swimming or perspiring.
 - 4.1. From 1st August through until 30th April, students will be encouraged to apply sunscreen before school in the morning.
 - 4.2. Students will be encouraged to supply their own sunscreen, although there will be containers supplied in each classroom and the PE area if needed.

- 4.3. Students will be required to reapply sunscreen 20 minutes before going outdoors, after 11am, and reapply 2 hourly if remaining outdoors for an extended period. Adequate time must be allowed for students to do this.
5. Reinforcing the SunSmart message in classroom activities and in general school procedures are important strategies in the adoption of the skin protective behaviours.
- 5.1 Staff will be encouraged to role model appropriate SunSmart strategies in all school activities.
- 5.2 To help maintain winter vitamin D, sun protection measures are not used when UV levels are below 3
- 5.3 Skin cancer prevention will be included in all classroom curriculums.
- 5.4 Staff will be kept up to date with information and resources through Cancer Council’s “National SunSmart Schools Program”, and by regular contact with Cancer Council SA.
6. As part of WHS UV risk controls and role modelling, when the UV is 3 and above staff will wear sun protective hats, clothing and sunglasses, apply SPF 30 or higher broad spectrum, water resistant sunscreen and seek shade when outdoors.
- Families and visitors are encouraged to use a combination of sun protection measures eg, sun protective clothing and hats, sunglasses, sunscreen and seek shade when attending outdoor school activities.
7. The Riverton Primary School Skin Protection policy will be evaluated on an ongoing basis with a review every 3 years.
- 6.1 Policy issues will be discussed at staff, SRC and parent meetings.

Policy ratified by Cancer Council	July 2018
Endorsed by Staff	June 2018
Endorsed by Governing Council	August 2018
Review date	June 2021