



# SUN SMART POLICY

## Skin Cancer Prevention

### Basic Beliefs

The Berwick Lodge Primary School Community believes that all children attending the school should be protected from skin and eye damage caused by the harmful ultraviolet rays of the sun, **while acknowledging that too little UV from the sun can lead to low vitamin D levels.**

### Goals

1. To increase student and community awareness of skin cancer risks and of practical means of protection.
2. To develop strategies which encourage responsible decision making about skin protection.
3. To work towards a school environment that provides shade for students and teachers.
4. To encourage students and teachers to wear protective clothing and hats for outdoor activities and at high-risk times, e.g. during sport, lunch times, school camps and excursions.

### Guidelines

We use a combination of sun protection measures for all outdoor activities from September to the end of April and whenever UV levels reach 3 or above, the level that can damage skin and eyes.

As part of general skin protection strategies:

1. The policy is to be implemented throughout the year, but with particular emphasis from September to the end of April
2. Ensure that hats worn are appropriate and satisfy Cancer Council Victoria Guidelines.

3. Sun protective clothing is included in our school uniform and dress code. School clothing is cool, loose fitting and made of densely woven fabric. It includes shirts with collars and longer sleeves. Longer style dresses and shorts and t-shirts are required for swimming.
4. Ensure that adequate shade is provided at sporting carnivals and outdoor events.
5. Increase the number of shelter and trees providing shade in the school grounds.
6. Encourage parents to provide Sun Protection Factor (SPF) 30+, broad spectrum, water-resistant sunscreen for student use whenever possible. Strategies are in place to remind students to apply sunscreen before going outdoors.
7. Incorporate programs on skin cancer prevention into the curriculum.
8. Regularly reinforce the Sun Smart Policy in a positive way through newsletters, parents meetings, student and teacher interviews.
9. The school will require children to wear hats which protect the face, neck, eyes and ears whenever they are outside (e.g. recess, lunch, sport, carnivals, excursions and activities)
10. Children who do not have their hats with them or appropriate covering clothing will be directed to play in an area protected from the sun.
11. Encourage children to use available areas of shade for outdoor play activities.
12. Organise outdoor activities to be held in areas of shade, whenever possible.
13. Encourage staff to act as role models for practising Sun Smart behaviour:
  - ◇ wearing appropriate hats and clothing for all outdoor activities; and
  - ◇ using a broad spectrum 30+ water resistant sunscreen.
14. Encourage the use of wrap-around sunglasses that meet Australian Standard 1067.

**When enrolling their child, parents will be:**

1. Informed of the Sun Smart Policy.
2. Requested to purchase a school hat or provide an appropriate hat for their child's use.
3. Encouraged to provide SPF 30+ broad spectrum, water resistant sun screen for their child's use.
4. Encouraged to practise sun protective behaviour themselves.

**THE SCHOOL ADOPTS The Cancer Council Victoria (ACCV) recommendations for skin protection on school excursions/camps as follows:**

1. Plan to conduct the excursion early in the day rather than later. This will minimise exposure to ultra violet radiation (UVR) during the peak period between 11.00am and 3.00pm (summertime).
2. Plan excursions for venues where adequate shade is available. Alternatively provide your own shelter by taking umbrellas or tents.
3. Recommend that all participants (staff, students and parents) wear appropriate clothing. Wide-brimmed or flap style hats are recommended. Shirts with collars and longer sleeves and loose fitting, baggy shorts or skirts also offer good protection. Fabric should also be of close weave to maximise protection against UVR.
4. Recommend that all participants use a suitable sunscreen on exposed areas of skin. The ACCV recommends the use of SPF 30+, broad spectrum, water resistant sunscreen. Use white or flesh coloured zinc cream on nose, cheeks, lips and tips of ears. Take additional sunscreen for re-applying every 2-3 hours and after swimming.
5. Where swimming is involved encourage participants to wear a T-shirt in the water (if appropriate to the type of activity and permitted by the swimming pool management).
6. Discourage sunbaking or unnecessary exposure to the sun when not actually participating in a swimming event.
7. Suitable UV-protective sunglasses may be a further method to care for skin around the eyes.

**Responsibility for Implementation**

The School Wellbeing Sub-Committee will be responsible for the implementation and continuous monitoring of the policy.

**Date Passed by School Council**

The Sun Smart policy was passed by School Council on 16<sup>th</sup> May 2022.

**Proposed Date of Review**

The School Wellbeing Sub-Committee will be responsible for co-ordinating and planning the review of the Sun Smart policy, under the auspices of School Council. The review period will be three years from the policy being passed by School Council