



Policy Title:	Sun Smart Policy
Year of Publication:	2008
Last Reviewed:	2021
Related Policies:	<i>Behaviour Management Policy (Evatt Primary School)</i> <i>Providing Safe Schools P-12 (ACT DET 2007)</i> <i>Sun(UV) Protection for Students</i> <i>National Safe Schools Framework (DEST 2003)</i>

1. Rationale

Australia has the highest rate of skin cancer in the world with two out of three Australians being affected. Childhood exposure to ultraviolet radiation is a major contributory **factor** in the later development of skin cancer. Levels of ultraviolet radiation are particularly high in Canberra due to its altitude, clean air, and the high number of sunshine hours.

Our SunSmart school policy has been developed to ensure that all students and staff attending Evatt Primary School are protected from skin damage caused by the harmful ultraviolet rays of the sun. It is to be implemented throughout the year with particular emphasis from September to April inclusive.

2. School Environment

Evatt Primary School has four primary sheltered areas on the playground, including the multipurpose structure, Barnyard, junior playground, and sandpit. There are additional shaded spaces including Wotama, the Arboretum, and the Japanese Garden. Additionally, there are shady trees in various places around the playground.

3. Objective

The goals of the SunSmart policy are to:

- Increase student and community awareness of skin cancer
- Adopt and encourage practical skin protection measures
- Develop strategies that encourage responsible decision making about skin protection
- Work towards a safe school environment that provides shade for students and staff
- Encourage students, parents, teachers, staff, and visitors to the school to wear protective clothing, hats and sunscreen
- Ensure parents are informed of the school's SunSmart policy

4. Implementation

As part of general SunSmart strategies, our school will apply our SunSmart policy all year round.

5. Behaviour

- Require students to wear broad-brimmed hats whenever they are outside. E.g., recess, lunch, sports events, excursions, camps
- Encourage the wearing of protective hats by all members of the school community including staff and parents assisting at outdoor functions
- Outside groups who visit the school will be encouraged to wear suitable hats and clothing. E.g., Older students, sports leaders
- Require students to wear school uniform shirts or a suitable shirt with a collar. The shirts are to completely cover the shoulders and back
- Encourage the wearing of sun protective clothing such as loose fitting, closely woven cotton fabrics and shirts with a collar and longer sleeves and longer shorts and skirts
- Encourage the use of broad-spectrum sunscreen with a SPF of 50+. It should be used on unprotected skin, especially the face, ears, neck, back of hands and lower arms and applied 20 minutes before going out into the sun
- Encourage parents to supply 50+ broad spectrum and water-resistant sunscreen as part of their child's school equipment
- Encourage the application of sunscreen before school and prior to the lunch break
- Encourage the use of water-resistant block when there is a chance of sweat washing it off. E.g., During sporting activities, as well as swimming
- Encourage the reapplication of sunscreen every two hours when remaining outside for an extended time. E.g., Sports days, camps, excursions
- The school will provide sunscreen for situations where students have not provided it, where they have forgotten it and at outdoor events. E.g., sporting carnivals and camps
- Time spent outside should be minimised after 11am (Daylight savings time) and between 10am-2pm (Outside of daylight savings time). If outside during these hours, shade areas must be used as much as possible
- If students wish to wear sunglasses the following advice can assist in purchasing those that provide adequate protection from the sun:
 - Wraparound sunglasses are tinted to protect against ultraviolet light penetration and glare at the front and sides of the face.
 - Sunglasses should meet the Australian Standard for ultraviolet protection. These are labelled AS 1067.
- Encourage students to use available areas of shade for outdoor activities
- Request staff and encourage parents and visitors to the school to act as role models by practicing SunSmart behaviours

****Definition of broad-brimmed hat***

Broad-brimmed hats are defined as having brims of 8-10 centimetres to shade the face, ears, and neck.

6. Curriculum

- Incorporate programs on skin cancer prevention into the curriculum at all grade levels
- Regularly reinforce SunSmart behaviour in a positive way through newsletters, parent meetings, student, and teacher activities
- Ensure the SunSmart policy is reflected in the planning of all outdoor events (e.g. camps, excursions and sporting events)

7. Environment

- Provide sun protective clothing as part of the school uniform
- Schedule outdoor activities before 11am and after 3pm daylight saving time (10am and 2pm other times) whenever possible. Use the hall and shade areas during the peak UVR (Ultraviolet Radiation) times
- Organise outdoor activities to be held in areas with plenty of shade whenever possible