



# Melrose Primary School

RESPECT ~ HONESTY ~ RESPONSIBILITY ~ EXCELLENCE

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## Melrose Primary School Sun Smart Policy

The incidence of skin cancer is of growing concern, with over 950,000 cases of non-melanoma and 12,000 cases of melanoma diagnosed each year in Australia. Awareness of causes, prevention and detection need to begin at an early age. The principles and practises of protecting our skin from over exposure to ultraviolet (UV) radiation is an important component of the Health and Wellbeing Curriculum and will be explicitly taught to our students. It is important that parents are given the same information via newsletter articles, student assemblies and other forms as deemed appropriate. We intend that our Sun Smart Policy is underpinned by ongoing protective and pro-active behaviours. We will refer to the practice of Slip, Slop, Slap, Seek and Slide and organise creative activities around these protective behaviours, as part of our Sun Smart Policy.

### THE POLICY

Through our Health and Wellbeing Curriculum we will use skin cancer awareness and prevention activities as the main focus for a broad Sun Smart education campaign.

### PROCEDURES

The following procedures outlined in this policy are for implementation during Terms 1, 3 and 4 and at other times when the UV is 3 or above. For example, if there is an all-day activity in May (i.e. sports day) and the UV predicted is to be 3 or above, the sun protection procedure will be implemented. The school community will endeavour to check the daily sun protection times via the Bureau of Meteorology website or the Sun Smart app. When the UV is below 3 in Term 2 sun protection is not necessary for vitamin D maintenance.

### School Practice

- Refer to Health and P.E. curriculum statement for the broader outline into which we will incorporate Sun Smart education activities. Class teachers will plan these activities and integrate them in childrens' learning programs each year.
- We will have available and oversee the application of SPF 30 or higher broad spectrum water resistant sunscreen in Terms 1, 3 and 4. When the UV is 3 and above sunscreen is to be applied before going outdoors and reapplied every 2 hours when outdoors or before going outside if it has been longer than 2 hours since the last application. Parents are encouraged to apply sunscreen to their children before school and are reminded of the school's practices through notes home and through the Melrose Primary School Newsletter.

All parents must sign for one of the following preferences at the beginning of each year:-

- I want my child/ren to use the sunscreen provided by the school and give permission for teachers to assist with application as is needed.
- I will provide a suitable SPF 30 or higher broad spectrum water resistant sunscreen of my choice for the sole use of my child/ren and give permission for teachers to assist with application if the school broad spectrum sunscreen is not appropriate for my child/ren.
- During Terms 1, 3 and 4 uniform hats will be worn by children when outside (broad brim/no strings). Children not wearing their hats are to play in an area protected from the sun (under cover).
- Staff will promote the provision and use of natural shade for games and outdoor activities during Terms 1, 3 and 4. At lunch time children will have the option of playing in a supervised indoor space at times of extreme UV readings and extreme heat.
- Where possible and practical, outdoor lessons will be held earlier in the day so as to avoid the peak UV times of the day, or conducted in the shade / indoors.
- Staff will grasp opportunities to share useful experiences and knowledge with children and the wider community when the necessity arises.
- Staff will use Cancer Council SA as the main source of information and advice regarding sun protection, skin cancer awareness and policy development.
- For Work Health and Safety staff are expected, and families are encouraged to role model sun protection including wearing sun protective hats and clothing, sunglasses, sunscreen and seek shade when involved in outdoor activities at the school.

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### SUNSCREEN PROTECTION

As outlined in our Sun Smart Policy, we will provide and oversee the application of SPF 30 or higher broad spectrum water resistant sunscreen before going outside and reapplied 2 hourly when outdoors. The aim is to apply the sunscreen 20 minutes before going outside.

All parents must tick one of the following preferences on an annual basis:-

- I give permission for my child/ren to use the sunscreen provided by the school and give permission for teachers to assist with application if needed.
- I will provide a suitable SPF 30 or higher broad spectrum water resistant sunscreen of my choice for the sole use of my child/ren and give permission for teachers to assist with application as it is needed.

Child/ren's name .....

Signature of parent / caregiver .....

Date .....

Name .....