



# Melrose Primary School

RESPECT ~ HONESTY ~ RESPONSIBILITY ~ EXCELLENCE

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## SUN PROTECTION POLICY

### Purpose

Throughout the year, all department school sites and early childhood education and care services must have a sun protection policy. Students are also encouraged to be responsible for their own sun protection.

### Using sun protection

The school uses a combination of sun protection measures for all outdoor activities on and off site during all four terms, and at other times when the UV is 3 or above, with the exception of hats that are worn all year round.

*To help maintain vitamin D levels, sun protection measures are not used when UV levels are below 3.*

### Rational

The incidence of skin cancer is of much concern, with over 950,000 cases of non-melanoma and 12,000 cases of melanoma diagnosed each year in Australia (2018). Awareness of causes, prevention and detection need to begin at an early age. The principles and practices of protecting our skin from over exposure to (UV) ultraviolet radiation is an important component of the Health and Wellbeing Curriculum and will be explicitly taught to students. It is important that parents are given the same information via newsletter articles and information given at school. We intend that our Sun Protection Policy is underpinned by ongoing protective and pro-active practices.

We will refer to the slogan of Slip, Slop, Slap, Seek and Slide and organise creative activities around these protective practices.

### Clothing

Sun protective clothing is included in the school uniform/dress code and sports uniform. The clothing is cool, loose fitting and made of closely woven fabric. It includes a polo-top with collar and longer style sleeves, longer style clothing including skirts, dresses and shorts are recommended. Rash tops or t-shirts over bathers are recommended for outdoor swimming activities. On casual days chosen, clothing must support this policy.

If a student presents to school in inappropriate clothing the student may be asked to change into clothing from the school's clothing bank or parents may be contacted and asked to provide appropriate clothing.

*Students wear their school uniform during sports lessons that includes appropriate sun protective clothing.*

### Sunscreen

Students can provide their own SPF 30 or higher broad spectrum, water resistant sunscreen and the school supplies SPF 30 or higher broad spectrum, water resistant sunscreen for staff and students' use.

Sunscreen is encouraged to be applied 20 minutes before going outdoors and reapplied every two hours if remaining outdoors.

Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices). Parents are encouraged to apply sunscreen to their children before school.

## Hats

All students and staff are required to wear hats that protect their face, neck and ears (e.g. Melrose PS broad brimmed and bucket hats which are available from the school), whenever they are outside. Baseball or peak caps are not acceptable.

Both styles of hats are approved by Cancer Council SA and Department for Education.

*The school uses a combination of sun protection measures for all outdoor activities on and off site throughout the year.*

N.B. If there is a school event and the UV is below 3, students at the teacher's discretion may be given the option to not wear hats.

School beanies are not sun smart approved and can only be worn to and from school and if the UV is below 3. Governing Council approved beanies are not considered as sun safe head wear.

## Shade

Care is taken during the peak UV radiation times, and outdoor activities are scheduled outside of these times or in the shade where possible. Whole school outdoor events are encouraged to be held during term two or three or earlier in the day where practical.

Students are encouraged to use available areas of shade when outside.

Students who do not have appropriate hats or clothing are required to stay in the designated shade area protected from the sun.

## Curriculum

*Educational activities and programs on a healthy UV balance to maintain adequate vitamin D levels and minimise skin and eye damage and skin cancer risk are included in the curriculum and planned experiences. Programs on skin cancer prevention are included in the curriculum for all year levels.*

Sun Protection behaviour is regularly reinforced and promoted to the whole school community through newsletters, staff meetings, school assemblies, and student and teacher activities.

## Procedures

The following procedures outlined in this policy are for implementation throughout the year.

- Refer to Health and Physical Education curriculum statement for the broader outline into which we will incorporate Sun Protection education activities. Class teachers will plan these activities and incorporate them in children's learning programs
- School broad brimmed hats will be worn by children when outside. Children not wearing their school hats are to play in a designated area protected from the sun
- The school to promote the provision and use of natural shade for games and outdoor activities
- Where possible, outdoor lessons will be held earlier in the day so as to avoid peak UV times of the day, or conducted in shaded areas
- The school will refer to 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
- If outside temperature exceeds 36 degrees student will remain inside.