

Beaconsfield Primary School Sun Smart Policy

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Version 2 – 1/09/2023

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RATIONALE

Over-exposure to UV (ultraviolet) rays causes sunburn, skin damage and increased risk of skin cancer. **Inappropriate sun exposure in the first 18 years of life contributes significantly to the lifetime risk of developing skin cancer.** However, some skin exposure to the sun's UV rays is needed for the production of vitamin D, which is vital for maintenance of healthy bones, teeth and general good health.

Being SunSmart is a whole-of-year approach. It means using sun protection when the UV is 3 and above (September to April), and safe sun exposure for vitamin D (May to August).

PURPOSES

To ensure children and staff maintain a healthy UV balance all year round.

To encourage sun protection when the UV is 3 and above (September to April) and safe sun exposure for vitamin D (May to August).

To adopt sun protection measures balanced with the need for students and staff to be outdoors.

Educate staff and children on appropriate sun protection measures and encourage students to make responsible decisions in relation to their sun protection.

STRATEGIES

Staff are encouraged to check the UV Alert on a daily basis. This can be accessed from:

<http://www.cancertas.org.au/>, <http://www.bom.gov.au/tas/uv/>, www.myuv.com.au, or on the free SunSmart app or widget

Staff and students use a combination of sun protection measures, when average peak UV levels in Tasmania reach 3 and above.

GUIDELINES

1. Clothing

- Sun-safe clothing is part of our school and sports uniform. This includes shirts with collars, longer style dresses and shorts and rash vests or T-shirts for outdoor swimming.
- Clothing exposing large amounts of shoulder and upper torso e.g. Singlets, tank tops and strappy dresses are not considered suitable.

2. Sunscreen

- The use of SPF 30+ (or greater), broad-spectrum sunscreen is encouraged.
- Where possible SPF 30+ broad-spectrum water-resistant sunscreen is available for use.
- Sunscreen is applied 20 minutes before going outdoors and reapplied every 2 hours.

3. Hats

- Students are required to wear sun-safe hats that protect the face, neck and ears when outside. Recommended sun-safe hats include legionnaire, broad-brimmed and bucket hats. Baseball caps do not offer enough protection and are not recommended.

4. Shade

- The school community is committed to providing shade in areas where students gather such as for eating, outdoor teaching and popular play areas. The use of these areas is encouraged.
- Availability of shade is considered when planning excursions and all outdoor activities.
- K-6 students without a sun-safe hat or clothing must remain in the shade.

5. Sunglasses

- Close-fitting wrap-around sunglasses that comply with Australian Standards AS1067:2003 (Category 2, 3 or 4) are encouraged but optional.

Students without a sun-safe hat or clothing must play in areas protected from the sun.

To help maintain adequate vitamin D levels sun protection will not be used during May to August, when average peak UV levels are below 3 unless in alpine regions, near highly reflective surfaces such as water and snow or outdoors for extended periods.

STAFF OHS, ROLE MODELLING AND EDUCATION

When UV is 3 and above staff will role model sun protection behaviours when outside by using the combination of sun protection measures outlined above.

Families and visitors are encouraged to use a combination of sun protection measures when participating in and attending outdoor school activities.

Programs on skin cancer prevention and vitamin D are included in teaching programs for all year levels

SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, meetings, assemblies and upon enrolment.

PLANNING

Ensure SunSmart Policy is reflected in the planning of all outdoor events and excursions.

Where possible, outdoor activities will be planned away from the middle of the day during September to April (when UV levels reach 3 and above).

REVIEW

School's SunSmart Policy will be submitted for review to Cancer Council Tasmania once every three years, for updating as new evidence becomes available.

This information is based on current evidence available at time of review. Last updated: August 2021.

For more information e: sunsmart@cancertas.org.au

Ph: (03) 6779 1103 w: www.cancertas.org.au.

This policy will be reviewed in September 2024 or earlier if required.

DOCUMENTS

- Being SunSmart in Tasmania
- How much sun is enough?
- 10 myths about sun protection
- SunSmart Policy 2021-2024

Beaconsfield Primary School



SunSmart Policy: 2021 - 2024

Our SunSmart Policy has been developed to ensure that children gain the maximum protection from the sun and potential UV damage and to educate the community of the potential hazards of prolonged exposure to the sun's harmful UV rays. Over-exposure to ultraviolet (UV) radiation in childhood and adolescence is a major risk factor for developing skin cancer later in life. Schools can play a significant role toward reducing the life time risk of skin cancer.

Being SunSmart is a whole-of-year approach. It means using sun protection when the UV is 3 and above (September to April), and safe sun exposure for vitamin D (May to August). Therefore, schools need to implement sun protection measures from the beginning of the school year until the end of April and again from the beginning of September until the end of the school year. Implementing sun protection measures throughout Terms 1 and 4 only is insufficient to protect against UVR risks.

There will be a significant emphasis on educating the students, staff and community of the advantages of being safe in the sun.

We will:

- Encourage positive attitudes towards skin protection.
- Encourage lifestyle practices, which can help reduce the incidence of skin cancer.
- Focus on personal responsibility for and decision making about skin protection.
- Ensure the outdoor environment provides shade for staff and students;
- Support duty of care and regulatory requirements; and
- Support appropriate WHS strategies to minimise UV risk and associated harms for staff and students.

STRATEGIES

Staff and students are encouraged to check and record the sun protection times on a daily basis at <http://www.cancertas.org.au/>, <http://www.bom.gov.au/tas/uv/>, www.myuv.com or on the free SunSmart app.

BEHAVIOUR

In Tasmania average peak UV levels reach 3 and above from September to April. Staff and students will use the following sun protection measures when UV levels are 3 and above:

- ✱ Children will be required to wear a sun safe hat that protects the face, neck and ears whenever they are outside. This includes during play times and during PE lessons or activities conducted during class time such as sports days and excursions. The schools wide-brim or bucket hats are required to be worn when heading outside and are available for purchase at the school office. However baseball caps and visors do not give adequate protection to the neck and ears.
- ✱ Children who do not wear a sun safe hat during the above times will be required to play in the shade. Children who persistently fail to wear a sun safe hat will be required to sit, and not play, in a specific shade area.

- ✱ Broad spectrum SPF 30+ (or higher) water resistant sunscreen will be available in each classroom for children and staff to use.
- ✱ Parents will be encouraged to provide their children with sunscreen.
- ✱ Sunscreen is applied 20 minutes before going outdoors and reapplied every 2 hours when outside for long periods (more frequently if swimming and sweating).
- ✱ Sunscreen should be stored in a cool, dry place and the expiry date monitored. Sunscreen should be used as a last line of defense.

Staff and parents will be expected to model appropriate behaviours by using appropriate hats, clothing, sunscreen and seeking shade where possible

- ✱ The school community is committed to providing shade in areas where students gather such as for eating, outdoor teaching and popular play areas.
- ✱ Children will be encouraged to play in shady areas as much as possible. Children will be encouraged to make full use of the three major shade structures in the playground.
- ✱ School assemblies will be conducted in the school hall or a sun safe alternative.
- ✱ Children will eat lunch in shaded areas the first 10 minutes of the 40 minute lunch break, further reducing the sun exposure time.
- ✱ The school will be mindful of the need for children to gain adequate exposure to vitamin D during the winter months, and in particular the needs of children from different ethnic backgrounds. From May to August sun protection will not be used, unless UV is above 3, outdoors for extended periods, in alpine areas or near highly reflective surfaces.
- ✱ Sun-safe clothing is included in the school and sports uniform. This includes shirts with collars, sleeves, longer style dresses and shorts and rash vests or T-shirts for outdoor swimming.
- ✱ Children will not be permitted to wear clothing exposing excessive amounts of shoulder and upper torso (e.g. singlets, tank tops, muscle tops and strappy dresses.)
- ✱ The use of wrap-around sunglasses which comply with Australian standards AS/NZS 1067 and be labelled as category 2 or 3 and cover as much of the eye area as possible is encouraged.

CURRICULUM

- ✱ Skin cancer awareness programs will be integrated into the school health curriculum. Classroom teachers will be responsible for including this program in their everyday classroom programs as a part of the Maintaining Wellbeing strand.
- ✱ All teachers will have the responsibility for teaching sun awareness.
- ✱ **SunSmart Policy will be considered when planning outdoor activities.**
- ✱ The SunSmart Policy will be reinforced at school assemblies, in the school newsletter and through regular P.A. announcements as well as being included in school information brochures and the school website.

- * Professional development will be provided when appropriate.
- * Resource materials will be provided to support the SunSmart Policy.
- * The budget for the SunSmart Policy will be included as a component of the school Health and Physical Education Program.
- * At daily line ups from the beginning of September (when the UV is 3 and above), children will be alerted to the UV reading and sun protection times for that day.

ENVIRONMENT

- * Students will be provided with a shaded area to eat lunch in for the first 10 minutes of the break
- * PE lessons will be held indoors (indoor pool) from September to April when practical. Other PE lessons will be scheduled indoors (school hall) throughout the year when practical.
- * Students will be required to wear hats during outdoor lessons from September – April.

EVALUATION

- * The School's SunSmart Policy will be reviewed every three years as recommended by the Cancer Council Tasmania. Key stakeholders will include staff, SLC, School Association and Cancer Council Tasmania.
- * The review will make recommendations on the improvement of shade provisions, the behaviour of children, staff, parents and visitors and the provision of adequate professional development and resources.
- * Recommendations for improvement will be made by this group and ratified by the Principal and staff, and the Beaconsfield School Association.
- * There will be an ongoing assessment of shade options, with provision of shade areas a priority in any forward planning documents for this school.

Date: September 2023

Review date: 22/10/2024

This information is based on current evidence available at time of review. Last updated: September 2023

For more information: e: sunsmart@cancertas.org.au ph: (03) 6779 1107

w: www.cancertas.org.au/prevent-cancer/sunsmart/

