

Rationale

Australia has the highest rate of skin cancer in the world. Overexposure to the sun during childhood and adolescent is an important contributing factor to the development of skin cancer later in life. As students are at school during times of peak ultraviolet (UV) radiation, schools can play a major role in creating a supportive environment that minimises exposure and encourage sun protective behaviours.

Our sun protective policy has been adopted to ensure that all students, staff, parents and visitors attending Margaret River Primary School are protected from skin damage caused by UV radiation from the sun. This policy is to be implemented throughout the year, but with particular emphasis from the beginning of September through to the end of May. The sun protection practices outlined in this policy will be applied to all school activities, including sports carnivals, excursions and camps. The policy has been developed in consultation with the whole school community.

Our Commitment

Margaret River Primary School will:

- Inform parents of this sun protection policy when they enrol their child/children.
- Brief all new staff on the sun protection policy.
- Promote sun protection via newsletters, assemblies, daily messages, whole school activities, MRPS Blog/Website, and parent and staff meetings.
- Require students to wear a school broad-brimmed hat when outside.
- Direct students without a school broad-brimmed hat or similar to stay in an area that is protected from the sun.
- Require staff to wear broad-brimmed, legionnaire, bucket hats or similar for all outdoor activities, including yard duty.
- Encourage parents and guests to wear broad-brimmed, legionnaire, bucket style hats or similar when participating in and attending outdoor school activities.
- Require students to wear a school broad-brimmed hat, sun protective clothing and sunscreen for all camps, sports and excursions. These items will be listed on the parent permission form.
- Encourage staff and students to wear a swim (*rash*) top for outdoor swimming (*this may not be appropriate during competitive swimming*).
- Review the school dress code to include sun protective items such as shirts with collars and longer sleeves.
- Ensure there is adequate provision of shade within the school grounds for students and staff, by planting trees and building shade structures. Particularly in areas where students congregate, for example, lunch, canteen, outdoor lesson areas.
- Encourage staff and students to use shaded or covered areas when outside.
- Ensure that adequate shade is provided at sporting carnivals and outdoor events.
- Timetable as many outdoor activities as possible – including assemblies, sport and physical education – when the UV index is below 3.
- Encourage the use of SPF 30+ broad-spectrum, water-resistant sunscreen by:
 - Providing sunscreen in the classroom, with the support from the P&C.
 - Allowing students time to apply sunscreen 20 minutes prior to outdoor activities e.g. prior to school, before lunch, PE lessons, sports, excursions etc.
- Incorporate sun protection and skin cancer awareness programs into the appropriate Key Learning Areas of the school curriculum.
- Review the sun protection policy annually to assist in Harm Reduction Strategies to assist in the duty of care of students when playing outside.

Our Expectations

Parents/carers will:

- Ensure your child/children has a school broad-brimmed style hat.
- Ensure that your child/children's clothing is part of the school's uniform policy.
- Encourage your child/children to apply SPF 30+ broad-spectrum, water resistant sunscreen before leaving for school, especially when UV INDEX is high.
- Act as positive role models by practising SunSmart behaviour.
- Support the school's sun protection policy, and help design and regularly update the policy, especially through P&C initiatives.
- Inform school and classroom teacher if your child has any allergies to SPF 30+ Cancer Council approved sunscreen.

Students will:

- Be aware of the school's sun protection policy.
- Take responsibility for their health by being SunSmart.
- Comply with SunSmart rules and guidelines by wearing suitable hats and clothing.
- When playing outside (especially when UV INDEX is high), by taking responsibility of ones health by applying SPF30+ broad-spectrum, water resistant sunscreen 20 minutes before going outdoors.
- Use shaded or covered areas outdoors.
- Act as positive role models for other students in all aspects of SunSmart behaviour.
- Be actively involved in initiatives to protect the school community from over-exposure to the sun.
- Help design and regularly update the SunSmart policy.
- Participate in SunSmart education programs.

Evaluation

The **School Council** will review the effectiveness of this policy each year and make any necessary changes.

They will:

1. Review the SunSmart behaviour of students, staff, parents, and visitors and make recommendations for improvement.
2. Assess shade provision and usage and make recommendations for increases in shade provision.
3. Update and promote curriculum material relevant to Sun Smart activities.

Date: _____

Signed: _____

Position: _____

Visit www.GenerationSunSmart.com to receive FREE resources.

The Generation SunSmart website provides all educators with online workshops offering helpful information, tips and practical ideas about sun protection education, content delivery and sun protection in schools.



PROTECT YOURSELF IN FIVE WAYS FROM SKIN CANCER

