



Taroon Primary School

Sun Smart Policy

Our Sun Smart policy has been developed to ensure that all students and staff attending this school are protected as well as possible from skin damage caused by harmful ultraviolet rays from the sun. Excessive sun exposure in the first eighteen years of life can contribute 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, vital for maintenance of healthy bones, teeth and general good health. Therefore a safe balance between skin protection and sun exposure for Vitamin D is of paramount importance.

In Tasmania, the UV is 3 and above from 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.

As part of general SunSmart strategies:

- Staff members are encouraged to check the online Australian Radiation Protection and Nuclear Safe Agency (ARPANSA) 'real time' UV readings on a daily basis, in case the UV readings are above 3 during our school break times of 11.10 – 12.00pm and 1.20 – 1.40pm. If UV readings are above 3, students will be required to wear sun safe hats and use sunscreen during these breaks times. More information: <http://www.arpana.gov.au/>
- Students and staff members will use a combination of sun protection measures when UV Level is 3 and above (usually from September to April) on school days during outside break times and all outdoor activities.

Behaviour

- Require students and staff to wear hats which protect the face, neck and ears whenever they are outside (recess, lunch, sport, excursions) (when UV is 3 and above, usually September to April). Recommended sun-safe hats include legionnaire, broad-brimmed and bucket hats. Caps and sun visors do not offer enough protection and are not recommended.
- Work with the parent community to provide SPF 30+ (or higher) broad-spectrum water-resistant sunscreen required for staff and student use.
- Make available the application of sunscreen before school and prior to the lunch and recess breaks. Sunscreen should be applied 20 minutes before going outside and reapplied every 2 hours if outdoors for longer periods.
- To help maintain adequate vitamin D levels, sun protection is not required from May to August when the UV level is usually below 3 unless in alpine areas or near highly reflective surfaces such as water and snow, or outdoors for extended periods.
- Our school uniform shop will stock sun safe school uniform clothing, with our school uniform policy being strongly enforced.
- Students without a sun safe hat at peak UV ray times will be directed to one of two large shade areas at the school. "No Hat, No Sun".
- Encourage children to use available areas of shade for outdoor activities at peak UV times.
- Sunglasses - close-fitting wrap-around sunglasses that comply with Australian Standards AS1067:2003 (Category 2, 3 or 4) **are encouraged but optional**.
- Encourage staff and parents to act as role models by practising SunSmart behaviours.

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, and student and teacher activities.
- Ensure the SunSmart policy is reflected in the planning of all outdoor events (e.g. excursions, sporting events).
- Families and visitors are encouraged to use a combination of sun protection measures when participating in and attending outdoor school activities.
- SunSmart policy updates and requirements will be made available to staff, families and visitors.

Environment

- Schedule outdoor activities before 11.10am and after 3.00pm when the UV is 3 and above whenever possible.
- Organise outdoor activities to be held in areas with plenty of shade whenever possible.
- Work toward increasing the number of shelters and trees so as to provide adequate shade in the school grounds.
- Our lunch time of 11.10am – 12.00pm avoids the need for most students to be outside during the hottest part of the day.

Evaluation

Staff will:

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

Implementation Guidelines

1. All students and staff will wear an approved sun smart hat at all times when outdoors between September and April. In consultation with the Tarooma Primary School Association, school uniform hats will comply with this policy.
2. Between September and April, outdoor activities will be held in shade whenever possible. Children will be encouraged to use available areas of shade for outdoor play activities between these dates.
3. Staff will incorporate teaching ideas in relation to skin cancer prevention and Vitamin D production into the curriculum. They will also act as role models by practising SunSmart behaviour such as wearing protective hats and clothing for all outdoor activities during peak UV Ray times and seeking shade whenever possible.
4. Our school will regularly reinforce the *SunSmart Policy* in a positive manner through newsletters, parent meeting and a variety of students and teacher activities. When enrolling a child, parents will be informed of this SunSmart Policy via the *Parent Handbook*.
5. The school's sun protection policy will be submitted for review to Cancer Council Tasmania every three years, for possible updating.

REVIEWED

July 2018

Next Review Date:

July 2021