

SUN PROTECTION POLICY (reviewed 17.09.20)

Rationale

Our sun protection policy has been adopted to ensure that students, staff, parents and visitors attending Lake Monger Primary School:

- understand the potential skin damage caused by UV radiation from the sun; and
- practice sun protective behaviours to prevent skin damage when the UV level is 3 or above (as advised by the SunSmart app, the Bureau of Meteorology or www.myuv.com.au).

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

Lake Monger 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, and parent and staff meetings.
- Require students, when outside, to wear broad-brimmed, bucket or legionnaire hats that protect the face, neck, ears and crown of the head.
- Direct students without a broad-brimmed, bucket or legionnaire hat to stay in the shade, undercover area or veranda.
- Encourage staff to wear broad-brimmed, legionnaire or bucket hats for all outdoor activities, including yard duty.
- Encourage staff to wear sunglasses.
- Encourage students to wear sunglasses provided all sunglasses are compliant with Australian Standard AS/NZS 1067.1:2016 and are lens category 2, 3 or 4 (i.e. sunglasses that provide good UV protection).
- Ensure where practicable that spare hats are available for students to ensure their play time is not restricted if they forget their hat.
- Encourage parents and guests to wear broad-brimmed, legionnaire or bucket style hats when participating in and attending outdoor school activities.
- Require students to wear broad-brimmed or bucket hats, sun protective clothing and sunscreen for all camps, sports and excursions. These items will be listed on the parent permission form.

- Require staff and students to wear a swim (rash) top for swimming (this may not be appropriate during competitive swimming).
- Ensure the school dress code includes sun protective items. Sun protective clothing (collared shirts, long sleeve shirts and pants) with fabric with a UPF rating of 50+ is available at the school's uniform shop.
- 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 and outdoor lesson areas.
- Encourage staff and students to use shaded or covered areas when outside.
- Ensure that the use of shade (including temporary shade) is maximised during outdoor activities and indoor facilities are used wherever possible.
- Timetable as many outdoor activities as possible - including assemblies, sport and physical education – when the UV index is below 3. When this is not possible, activities should be scheduled out of peak UV times, with maximum use of shade, sunscreen, hats and protective clothing.
- Strongly encourage the use of SPF 30+ broad-spectrum, water-resistant sunscreen by:
 - making sunscreen available and accessible to all staff and students; and
 - allowing students time to apply sunscreen 20 minutes prior to outdoor activities e.g. prior to school, before recess and lunch, PE lessons, sports, excursions etc, with reapplication after 2 hours during extended outdoor periods.
- Incorporate sun protection and skin cancer awareness programs into the appropriate key learning areas of the school curriculum.

Our Expectations

Parents/carers will:

- Ensure their child/children has a broad-brimmed, legionnaire or bucket style hat. All hats worn must protect the face, neck, ears and crown of the head. Caps are not permitted. Cancer Council WA recommends the following hats:
 - broad-brimmed (7.5 cm brim);
 - legionnaire-style; or
 - bucket/surfie-style (6 cm brim). Bucket hats are available for purchase from the uniform shop.
- Ensure that their child/children's clothing provides adequate protection from UV radiation. Cancer Council WA recommends the following:
 - collars and sleeves;
 - fabric with a UPF rating of 50+;
 - natural fibre; and
 - swim (rash) tops for swimming.
- Ensure their child/children has/have access to SPF30+ broad-spectrum, water-resistant sunscreen before leaving for school.
- Act as positive role models by practising SunSmart behaviour.
- Support the school's sun protection policy.

Students will:

- Be aware of the school's sun protection policy.
- Take responsibility for their health by being SunSmart.
- Act as positive role models by practising SunSmart behaviour.

- Comply with SunSmart rules and guidelines by wearing suitable hats and clothing.
- Apply 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 Board will periodically review the effectiveness of this policy and make any necessary changes to reflect current best practice in sun protection, including but not limited to

- reviewing the SunSmart behaviour of students, staff, parents, and visitors and making recommendations for improvement where appropriate;
- assessing shade provision and usage and making recommendations where appropriate for increases in shade provision; and
- updating and promoting curriculum material relevant to SunSmart activities.