



Cadell Primary School

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PRINCIPAL: Sue Billett

Persistence ~ Respect ~ Responsibility ~ Tolerance

SUNSMART POLICY

RATIONALE

Australia has one of the highest incidences of skin cancer in the world with two out of every three people developing some form of skin cancer before they are 70. Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Sun exposure in the first 10 years of life determines, to a substantial degree, the likelihood of skin cancer developing later in life.

Cancer Council SA advises people to protect their skin at times when the ultraviolet (UV) radiation level is 3 and above—this is when it is strong enough to cause damage to unprotected skin. For much of South Australia, UV radiation levels are 3 and above for most of the year and sun protection is necessary.

Cancer Council SA recommends that a skin protection policy be in place when UV radiation levels are 3 and above. It is highly recommended that UV radiation levels are monitored, particularly from early May to the end of July as still may be 3 or above depending on your location. Cancer Council SA also recommends that particular care should be taken during peak UV radiation times. The daily UV Index can be sourced from the Bureau of Meteorology via www.bom.gov.au/sa/uv/ or the SunSmart widget or mobile phone app via www.cancersa.org.au/sunsmart-apps

It is important to balance sun protection with safe sun exposure for the production of vitamin D for bone growth and development. During May to July, at times when the UV radiation level is below 3, sun protection for most people is not necessary and hats should be removed to receive adequate vitamin D from the sunlight.

AIMS

The aims of the Cadell Primary School skin protection policy are to promote among children, staff and parents:

- Positive attitudes towards skin protection.
- Lifestyle practices which can help reduce the incidence of skin cancer and the number of related deaths.
- Personal responsibility for and decision making about skin protection.
- Awareness of the need for environmental changes in our school to reduce the level of exposure to the sun.



Vision: Cadell Primary School is a unique, community driven school full of learning, laughter and friendship. We are committed to providing a happy, secure and stimulating environment where all children are motivated, valued, self confident and empowered to reach their full potential.



IMPLEMENTATION

This policy is for implementation from 1 August to 30 April which includes Terms 1, 3 and 4. Outside of this time care should also be taken when the ultraviolet radiation level is 3 (moderate) and above. The purpose of the policy is to ensure that all members of our primary school are protected from skin damage caused by the harmful rays of the sun.

It is an expectation that all staff, students and parents of Cadell Primary School will use the following **skin protection strategies**:

1. Take particular care when the ultraviolet radiation level is 3 (moderate) and above, and extra care during peak UV radiation times.
 - 1.1. Where possible, outdoor activity sessions will be held in shaded areas.
 - 1.2. Whenever possible, all outdoor activities will be scheduled outside the peak sun protection times of the day, conducted indoors, or in the shaded areas of the school. Lunch and recess break times will be adjusted to minimise exposure to the sun in terms 1, 3 and 4.
2. Use the shade of trees, pergolas, umbrellas and tents whenever outdoors.
 - 2.1. The sandpit is covered with a shade and most of play equipment is shaded by trees.
3. Wear appropriate clothing that protects the skin.
 - 3.1. Students, staff and parents will be expected to wear an approved broad brimmed hat, legionnaire style hat, or a bucket hat whenever they are involved in outside activities. Children not wearing an appropriate hat will be expected to play in the shade.
 - 3.2. Students will be encouraged to wear shirts with collars and at least elbow length sleeves, longer style shorts/skirts and rash vests or t-shirts for swimming, in the school pool.
4. Students will be encouraged to apply a broad-spectrum, water resistant sunscreen with an SPF of 30+ to clean, dry skin, 15–20 minutes before going outdoors for lunch or curriculum activities. Sunscreen should be reapplied every two hours if outdoors for a prolonged period of time (i.e. sports days, excursions, camp), or more frequently if involved in water activities or perspiring.
 - 4.1. Adequate time is allowed for students to apply sunscreen before going outdoors.
 - 4.2. Parents may supply their own SP30+ broad spectrum, water resistant sunscreen if their children have sensitive skin even though the school supplies bulk sunscreen.
 - 4.3. Sunscreen application will be encouraged before going out to lunch or any outdoor activity during peak sun protection times.
5. The SunSmart message is reinforced in all school activities and in general school procedures.
 - 5.1 Staff are encouraged to routinely role model appropriate SunSmart strategies in all school activities.
 - 5.2. Skin cancer prevention, sun protection and vitamin D information will be included in the curriculum at each year level.
 - 5.3. Staff will be encouraged to keep up to date with new information and resources through contact with Cancer Council SA.
 - 5.4. Information about the school's SunSmart Policy will be given to all new staff, students and families.
6. The Cadell Primary School skin protection policy will be reviewed on a two yearly basis with staff, SRC, and School Council input.
 - 6.1 Policy issues will be discussed at staff, SRC, and school council.

For more information please don't hesitate to contact:
Cancer Council Helpline 13 11 20



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