



# Cadell Primary School

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Department for Education and  
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**PRINCIPAL:** Susan Santella

***Persistence ~ Respect ~ Responsibility ~ Tolerance***

## SKIN PROTECTION POLICY

### RATIONALE

Australia has one of the highest incidence of skin cancer in the world with two out of every three people being diagnosed with skin cancer before they are 70. Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Melanoma is the most common cancer in 12-24 year olds, and sun exposure during childhood and adolescence is a major factor in determining future skin cancer risk.

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. UV levels in South Australia are 3 and above from the start of August until the end of April. It is recommended UV levels are also monitored during May, June and July, as the UV level may still be above 3, depending on location. Cancer Council SA also recommends that particular care should be taken during the peak UV times of the day.

UV radiation cannot be seen or felt, and differs from infrared radiation that we feel as heat. UV levels are determined by factors including angle of earth to the sun, time of day and time of year, but are unrelated to temperature. Damage from UV is cumulative and irreversible.

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 generally below 3, sun protection is not necessary. Sensible sun protection when the UV is 3 and above does not put people at risk of vitamin D deficiency.

### AIMS

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

- positive attitudes towards skin protection.
- encourage the entire school community to use a combination of sun protection measures whenever the UV is 3 and above
- assist students to be responsible for their own sun protection
- ensure families and new staff are informed of the school's skin protection policy.



**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

In line with the Department for Education requirements and SunSmart guidelines, this policy is for implementation from 1 August to 30 April, and whenever the UV is 3 and above at other times. The purpose of the policy is to ensure that all members of our primary school are protected from skin damage caused by the harmful UV rays of the sun. Staff are encouraged to access the daily sun protection times via the SunSmart app, [www.myuv.com.au](http://www.myuv.com.au) or [www.bom.gov.au](http://www.bom.gov.au) to assist with implementing this policy.

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 during the peak UV times of the day.
  - 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 UV times of the day or 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. Rash vests or t-shirts are required for outdoor swimming Singlet tops and dresses are not permitted.
4. Students are required to apply a broad-spectrum, water resistant sunscreen with an SPF of 30+ to clean, dry skin, 20 minutes before going outdoors curriculum activities. Sunscreen will 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+ if their children have sensitive skin even though the school supplies bulk sunscreen.
5. The SunSmart message is reinforced in all school activities and in general school procedures.
  - 5.2. As part of UV WHS and role modelling, staff are required to wear sun protective clothing, hats, sunglasses and sunscreen, and seek shade whenever outdoors. Skin cancer prevention 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 skin protection 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.
  - 5.1 Policy issues will be discussed at staff, SRC, and school council.

For more information please don't hesitate to contact:  
**Cancer Council SA Information and Support 13 11 20**  
or [www.sunsmart.org.au](http://www.sunsmart.org.au)

REVIEW DATE: March 2021

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