

Sun Protection Policy

Aims:

The aims of the “North Ingle School Skin Protection Policy” are to promote among students, staff and families:

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

Rationale:

Australia has one of the highest rates of skin cancer in the world, with two in three people being diagnosed with skin cancer in their lifetime.

It is estimated that 95-99% of skin cancers are caused by overexposure to UV radiation. Therefore many skin cancers can be prevented by adequately protecting the skin from overexposure to UV radiation. Melanoma is the most common cancer in Australians aged 15-29 years, and sun exposure during childhood and adolescence is a critical factor in determining future skin cancer risk. Schools can make a significant contribution to lowering the risk of childhood skin damage by implementing comprehensive policy and practice that protects the children in their care.

UV radiation cannot be seen or felt, and differs from infrared radiation that we feel as heat. UV levels are determined by a range of factors including angle of earth to the sun, but are unrelated to temperature, and UV levels can be high even on cool and cloudy days. Damage from UV radiation is cumulative and irreversible.

Implementation:

North Ingle School has been part of the SunSmart Schools Program since 2005. In line with the Department for Education requirements and Cancer Council SA’s SunSmart guidelines, this skin protection policy is implemented during **terms 1, 3 and 4 (1 August until 30 April)**, and whenever the UV radiation levels are 3 and above at other times. The purpose of the policy is to ensure that all members of our school are protected from skin damage caused by the harmful UV rays of the sun.

It is an expectation that all staff, students and parents of North Ingle School use the following skin protection strategies:

1. Admin Staff will note the daily sun protection times from the SunSmart Global UV app and publish it on One Note in Terms 1, 3 and 4 and whenever the UV radiation levels are 3 and above at other times. (see <https://www.myuv.com.au/?location=adelaide-sa-forecast.>)
2. Take particular care if in the direct sun during these peak UV radiation times, 11am – 3pm during daylight savings, 10am- 2pm during non-daylight savings.
 - Whenever possible, all outdoor activities will be scheduled outside peak UV radiation times, conducted indoors, or in the shaded areas of the school.
3. Use the shade of the trees, verandas, pergolas whenever possible outdoors.
 - The playground area is already under a shade structure
4. Wear appropriate clothing that protects the skin.
 - Students are expected to wear a North Ingle School bucket hat whenever they are involved in outside activities from 1st August through to 30th April and whenever the UV radiation levels are 3 and above at other times. Students not wearing an appropriate hat must stay in the shade.
 - Staff are expected to wear a broad brimmed hat, legionnaire’s style hat or bucket hat with a deep crown and a brim width of 6cms whenever they are involved in outside activities from 1st August

through to 30th April and whenever the UV radiation levels are 3 and above at other times. Any staff member or parent not wearing an appropriate hat will be encouraged to stay in the shade.

- Students are to wear shirts with sleeves and longer style shorts/skirts. This is inclusive of casual days, incursions and/or excursions. Students not wearing appropriate clothing must stay in the shade.
 - Rash tops, long sleeved bathers or t-shirts over bathers are recommended for outdoor swimming activities
5. Promote and encourage students to apply a broad spectrum water resistant sunscreen with an SPF 50+ to clean, dry skin, before going outdoors. Sunscreen is to be reapplied every two hours if outdoors for a prolonged period of time (i.e. sports day, excursions, camps), or more frequently if involved in water activities or perspiring.
- Adequate time must be allowed for students to apply sunscreen before going outdoors.
 - Parents are required to supply their child with their own SPF 50+ broad spectrum water resistant sunscreen if they have an allergy to the brand provided by the school.
 - Bulk sunscreen will be provided to students for whole school activities.
 - Sunscreen application is encouraged for whole school outdoor activities whenever the UV is 3 and above and in particular, during the sun protection times.
6. Reinforce the SunSmart message in all school activities and school procedures. It is an important strategy in the adoption of the skin protection behaviours.
- For Work Health and Safety and role modelling staff are required to practice SunSmart behaviours in all school activities including wearing sun protective hats, clothing, sunscreen and sunglasses (optional) and seek shade.
 - Skin cancer prevention, sun protection and vitamin D information is included in the curriculum at each year level
 - A combination of skin protection measures are considered when planning outdoor events (e.g. camps, excursions, sporting activities and swimming carnivals). Sports days and other outdoor events are held during term 2 where practical.
 - Staff are encouraged to keep up to date with the new information and resources through contact with Cancer Council SA’s Resource Centre
 - Encourage role-modelling by parents and visitors and promote SunSmart behaviour to the whole school community (e.g. via newsletters, assemblies, bulletin boards, parents and staff meetings) and all families and staff members are informed of the policy.
 - Policy issues will be discussed with staff, Student Representative Council and Governing Council.

Evaluation:

This policy will be reviewed as part of the school’s three-year review cycle or if any new information or guidelines become available from The Department for Education or Cancer Council SA.

Reviewed June 2023.

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