



BONYTHON PRIMARY SCHOOL

POLICY DOCUMENT

SunSmart Policy

RATIONALE

Australia has the highest rate of skin cancer in the world. Childhood exposure to ultra violet radiation is a major contributing factor in the later development of skin cancer. *The Department has a duty to ensure that reasonable care is taken to provide sun protection for students whilst they are on school premises during school hours or undertaking school activities.* (ACT Department of Education and Training Sun Protection Policy SP200609 2006)

PURPOSE

The school places a high priority on the health and safety of students, staff and visitors. It is the responsibility of the parent or guardian to ensure that students attend school satisfactorily attired and suitably protected from the sun. However, the school aims to ensure that it fulfils all possible obligations to assist students, staff and visitors to protect themselves from skin damage caused by exposure to the harmful ultra- violet rays of the sun

GUIDELINES FOR ACTION

This policy is to be implemented from 1st August to 31st May, playing particular care between 10am-2pm (11-3pm DST).

Most Australians receive the bulk of their vitamin D supply from exposing their skin to small amounts of ultraviolet radiation in sunlight. Due to low levels of ultraviolet radiation in Canberra during the winter months, The Cancer Council ACT does not recommend sun protection in June and July. This is to reduce the risk of vitamin D deficiency in the ACT region.

- a) Staff will minimise the time spent outdoors between 10.00am and 2.00pm (11.00am and 3.00pm Daylight Saving Time).
- b) If activities are outdoors shade should be used as much as possible. Teachers should keep SunSmart Guidelines in mind when planning excursions and outdoor school events throughout the year.
- c) When students are out in the sun, personal protection is essential. All students should wear hats. Appropriate hats are broad brimmed hat (minimum 7.5cm brim), legionnaire or bucket hats (deep crown and minimum 6cm brim), clothing with collars or long sleeves and a 30+ broad spectrum, water resistant sunscreen. Sunscreen will be available for students to use at these activities.
- d) Parents are asked to apply appropriate 30+ broad spectrum, water resistant sunscreen to their children before delivering them to school.
- e) All members of staff, parents and visitors to the school will model appropriate sunSmart choices during outdoor events. (e.g. recess, lunch, sport, carnivals, excursions and activities). Outdoor events should be planned outside peak UV hours (whenever possible).
- f) All students must wear an appropriate hat when playing outdoors during recess, lunch, sports and activity sessions. **"No hat, play under the full shade areas"** will apply between 1st August and 31st May.
- g) Students are actively encouraged to use available areas of full shade for outdoor play activities at recess and lunchtime.
- h) Parents will be fully informed of the school's sun protection policy and their cooperation sought in ensuring its effective implementation.
- i) When needed, the P&C can assist implementation by suggesting and providing appropriate incentives which encourage participation by all children.
- j) Regular reminders about SunSmart events and tips will be in the Bonython Bulletin.
- k) Programs on skin cancer prevention are included in the curriculum on a regular basis.
- l) Students will be familiar with 5 sun protection measures (SunSmart message):

Slip on sun protective clothing.

Slop on SPF30+broad spectrum sunscreen

Slap on a Hat

Seek Shade

Slide on some Sunnies (meet NS 1067)