

## **BELLERIVE PRIMARY SCHOOL SUN SMART POLICY**

*Our Sun Smart policy is incorporated into the school Health and Wellbeing Program. It has been developed to ensure that all students and staff are protected from skin damage caused by the ultraviolet rays of the sun.*

**Inappropriate sun exposure in the first 18 years of life contributes significantly to the lifetime risk of developing skin cancer.** However, some skin exposure to the sun's UV rays is needed to produce Vitamin D, important for the maintenance of healthy bones, teeth and general good health.

In Tasmania, being Sun Smart is a whole-of-year approach: using sun protection when the UV is 3 and above (September to April) and safe sun exposure for vitamin D (May to August). Therefore, schools need to implement sun protection measures from the beginning of the school year until the end of April and again from the beginning of September until the end of the school year. Implementing sun protection measures throughout Terms 1 and 4 only is insufficient to protect against UVR risks.

### **Objectives**

- Ensure staff and students are protected from over-exposure to UV;
- Educate staff and students on appropriate sun protection;
- Ensure the outdoor environment provides shade for staff and students;
- Meet duty of care and regulatory requirements; and
- Implement appropriate WHS strategies to minimise UV risk and associated harms for staff and students.

As part of general SunSmart strategies, our school will:

### **Behaviour**

- Staff are encouraged to check the sun protection times on a daily basis at <http://www.cancertas.org.au/>, <http://www.bom.gov.au/tas/uv/> or on the free SunSmart app or widget.
- Staff and students use a combination of sun protection measures from September to April, when average peak UV levels in Tasmania reach 3 and above:
  - Require students and staff to wear sun-safe hats that protect the face, neck and ears when they are outside (at recess, lunch, sport, excursions). Students are required to wear the school bucket hat.
  - Sun-safe clothing is part of our school and sports uniform. 1) School uniform to include shirts with collars, sleeves, longer style dresses

and shorts. 2) Swimming attire to include rash vests or T-shirts when outdoors.

- Clothing exposing large amounts of shoulder and upper torso eg. singlets, tank tops and strappy dresses are not considered suitable for excursions and camps.
- **Students without a sun-safe hat or clothing must play in areas protected from the sun.**
- Work with the parent community to encourage use of SPF 30+ (or higher) broad-spectrum, water-resistant sunscreen for student use.
- SPF 30+ (or higher) broad-spectrum water-resistant sunscreen is available for student use.
- Sunscreen is applied 20 minutes before going outdoors. If outdoors for extended periods sunscreen is reapplied every 2 hours and more frequently if swimming and sweating.
- Encourage the daily application of sunscreen before school and prior to the lunch break.
- Staff to remind students to apply sunscreen before going outdoors.
- Close-fitting wrap-around sunglasses that comply with Australian Standards AS1067 (Category 2, 3 or 4) are encouraged but optional. These glasses are available from the uniform shop.
- Encourage students to use available areas of shade for outdoor activities.
- Encourage staff and parents to act as role models by practising SunSmart behaviour.
- SunSmart policy updates and requirements will be made available to staff, families and visitors.

## **Curriculum**

- Incorporate programs on skin cancer prevention into the curriculum at all grade levels.
- Regularly reinforce SunSmart behaviour in a positive way through newsletters, parent meetings, student and teacher activities.
- Ensure the SunSmart policy is taken into consideration in the planning of outdoor events (camps, excursions, sporting events).

## **Environment**

- Schedule outdoor activities before 11 am during when the UV is 3 and above (between September to April) whenever possible.
- Organise outdoor activities to be held in areas with plenty of shade whenever possible.

- The school community is committed to providing shade in areas where students gather such as for eating, outdoor teaching and popular play areas. The use of these areas is encouraged
- Work towards increasing the number of shelters and trees so as to provide adequate shade in the school grounds.

## **Evaluation**

The school Health and Wellbeing Committee will review the effectiveness of this policy each year. They will:

1. Review the SunSmart behaviour of students, staff, parents and visitors and make any recommendations for improvement.
2. Assess shade provision and usage and make recommendations for increased provision where practical.
3. Update and promote curriculum material relevant to SunSmart activities.

### ➤ **Review**

- School's sun protection policy will be submitted for review to Cancer Council Tasmania once every three years, for updating as new evidence becomes available.