



Nemarluk School

School for Pre/Primary Aged Children



SUN PROTECTION POLICY

February 2012

Rationale

Too much exposure to ultraviolet (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of developing skin cancer. Australia has the highest rate of skin cancer in the world.

Skin cancers account for 81% of all new cancers diagnosed in Australia each year.

Melanoma is the most diagnosed cancer for 15 – 44 year olds.

This policy is followed all year round in the Territory as the UV levels are always high or extreme.

The policy incorporates all outdoor activities including community programs, outside of school hour care programs and vacation care programs held on school grounds.

Objectives

The goals of the SunSmart Policy are to;

- Increase student and community awareness about skin cancer and sun protection
- Encourage the entire school community to use a combination of sun protection measures all year round
- Work towards a safe school environment that provides shade for students, staff and the school community
- Assist students to be responsible for their own sun protection
- Ensure that families and new staff are informed of the school's SunSmart policy

Sun Protection strategies:

- All students and staff use a combination of sun protection measures throughout the day to ensure they are well protected. Particular care is taken between 10 am and 3 pm when UV levels reach their peak.
- The SunSmart policy is considered when planning all outdoor events e.g. assemblies, camps, excursions and sporting events. Where possible, we have outdoor activities or events earlier in the morning or later in the afternoon, or we try using indoor venues.

1. Shade

- The school leadership team and the school council makes sure there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where students congregate e.g. Lunch area, assembly areas, outdoor lesson areas and popular play areas.
- DET and the School Principal in consultation with the school council ensure shade provision is considered in plans for future buildings and grounds.
- The availability of shade is considered when planning excursions and outdoor activities.
- Students are encouraged to use available areas of shade when outside. Students who do not have appropriate hats or outdoor clothing are asked to stay in the shade.

2. Clothing

- Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is made of close weave fabric and includes shirts with collars and longer sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.

3. Hats

- Students are also required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad-brimmed or bucket hats whenever they are outside.

(Please note: Baseball caps do not offer enough protection and are therefore not accepted.)

4. Sunglasses [suggested]

- Students and staff are encouraged to wear close fitting, wrap around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

5. Sunscreen

- Nemarluk School uses only **Cancer Council Everyday Sunscreen and Cancer Council Toddler Sunscreen** – datasheets can be found in the Sunsmart Policy folder.
 - SPF 30+ broad spectrum, water resistant sunscreen is available for staff and students use. Sunscreen is applied at least **20 minutes** before going outdoors and reapplied every two hours if outside for long periods.
 - Sunscreen and insect repellent. Sunscreen is to be applied first to form a protective barrier then insect repellent can be applied over the top. We do not purchase products that contain both as they are not recommended for sensitive skin.
 - Students are explicitly taught how to apply sunscreen. Students are monitored and shown how to use small amounts to cover the body.
 - With parent consent students with naturally very dark skin are not required to wear sunscreen.
 - Care is taken when applying to the forehead that only a small amount is used so it doesn't run into eyes when perspiring.
 - With parental consent, children with naturally very dark skin are not required to wear sunscreen.
 - Students and staff wash hands after using sunscreen.

Role Modelling

- Staff act as role models by:
- Wearing sun protective hats, broad rim or bucket hats, clothing and sunglasses outside. (Please note: Baseball caps do not offer enough protection and are therefore not accepted.)
- applying SPF 30+ broad spectrum, water resistant sunscreen
- seeking shade whenever possible
- Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses and sunscreen) when participating in and attending outdoor school activities.

Curriculum

- Sun protection and skin cancer awareness programs are incorporated into appropriate areas of the preschool and primary school curriculum.
- Students are encouraged to be involved in initiatives to promote and model sun protection measures to the whole school community.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, student and teacher activities and on student enrolment.

Review

- The school council and staff monitor and review the effectiveness of the sun protection policy every two years and revise the policy when required.
- Next policy review: **February 2014**

References – Data sheets can be found in o:/POLICY FILES/SUNSMART POLICY

- Cancer Council N.T. – www.cancercouncilnt.com.au
08 8927 4888 accessed October 2010
- Material safety data sheets www.rosscosmetics.com.au accessed October 2010
- Chemwatch Material Safety Data Sheets accessed October 2010