

ROCKDALE PUBLIC SCHOOL

SUN SMART POLICY

RATIONALE

Too much ultraviolet radiation from the sun can cause sunburn, skin damage, eye damage and skin cancer.

Australia has the highest incidence of skin cancer in the world, with two in three Australians developing some form of skin cancer during their lifetime. Overexposure to the sun during childhood and adolescence is known to be a major cause of skin cancer.

Our sun protection policy is followed throughout the year even during the months of winter.

OBJECTIVES

The goals of the Sun Smart 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 whenever the UV index levels reach 3 and above
- 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 Sun Smart Policy

OUR SUN PROTECTION STRATEGIES

All children and staff use a combination of sun protection measures to ensure they are well protected from the sun. Particular care is taken at 8:55am when children line up under the COLA for morning assembly. Particular care is also taken between 11:15 - 11:35am and from 1:05 - 1:55pm as this is when the students are outdoors for recess and lunch. During recess and lunch students are asked to wear a hat, if they are not wearing a hat students must sit under a tree in the shade.

Sun protection issues are considered when planning outdoor activities and excursions. Where possible, we organise as many excursions as we can to be indoors.

1. Shade

- The school has made sure that there are sufficient shade areas for children to play under. There are two COLAs in the playground that provide shade. One for the infants and one for the primary children. There are also some trees which are used for shade.
- The availability of shade is considered when planning excursions and outdoor activities.
- Children are encouraged to use available areas of shade when outside.
- Children who do not wear a hat on the playground are asked to stay under the shady areas.

2. Hats/Clothing

- Children are required to wear hats that protect their face, neck and ears.
- The wearing of sun safe clothing that provides protection from the sun is encouraged.

3. Sunscreen

- SPF 30+ sunscreen is available for staff and student's use.
- The use of SPF 30+ broad-spectrum, water-resistant is encouraged.
- Staff remind children to apply sunscreen before going outdoors.

4. Role Modelling

- Staff act as role models by wearing sun protective clothing when outside and by seeking shade whenever possible.
- Staff wear sun protection hats.

5. Curriculum

- Programs on sun safety are included in the curriculum for all grade levels.
- Sun smart behaviour is regularly reinforced and promoted to the whole school community through newsletters and school assemblies.

6. Review

- The school council and staff regularly monitor and review the effectiveness of the sun protection policy and will revise the policy when required.
- The current policy was reviewed in June 2009.

Relevant Documents/Links

SunSmart Schools and Early Childhood Program

www.sunsmart.com.au