



Sun Protection Procedures for Forrest Primary School

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Principal's Name and Signature: Chris PILGRIM

Chris Pilgrim

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Sally Troy

Forrest Primary School uses the Education and Training Directorate's Sun Protection Policy Guidelines for ACT Schools (SP200609). Following the guidelines within that policy the procedures outlined below have been devised.

1. Rationale

- a. This policy aims to protect students and staff, as far as reasonably practicable, from the dangers associated with over exposure to the sun's ultraviolet radiation.
- b. Australia has the highest rate of skin cancer in the world - two out of three Australians will develop skin cancer before the age of seventy. Over exposure to ultraviolet radiation is a major contributory factor in the development of skin cancer.
- c. Ultraviolet radiation comes both from direct and indirect sunlight and "skylight" as it is scattered in the atmosphere. Ultraviolet radiation is also reflected from surrounding surfaces such as water, sand, concrete and snow. Even on cool and/or cloudy days UV radiation can damage unprotected skin.
- d. Daily ultraviolet radiation levels reach 3 and above in Canberra from the beginning of August to the end of May, (peaking in December and January). The time of day when ultraviolet radiation is highest is from 10.00a.m to 2.00p.m (Eastern Standard Time) or 11.00a.m to 3.00p.m (Daylight Saving Time), with 60 percent of the day's radiation reaching the earth's surface during this period. Damage to children's skin can still occur before and after these peak UV hours.

Therefore extra care will be taken outdoors between 10.00a.m. and 3.00p.m. This includes minimising outdoor activities as much as reasonably possible between 11.00a.m. and 3.00p.m. during Daylight Saving Time.

- e. Most Australians receive the bulk of their Vitamin D supply from exposing their skin to small amounts of ultraviolet radiation in sunlight. In the winter months when UV levels drop so may our levels of vitamin D production. Thus it is important that we maintain our vitamin D levels throughout these winter months when the UV is low. 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.

Procedures Forrest Primary School will follow:

Promotion of Sun Protective Clothing

- Forrest Primary staff will promote and encourage students to wear SunSmart hats (e.g. broad-brimmed, bucket or legionnaire hats with a 6cm minimum brim for students) that cover the face, ears and neck when students are outside (lunch, recess and Physical Education). This is a component of the school uniform.
- SunSmart hats should have cords removed or have safety cords which are designed to break under minimal strain as they can become a strangulation risk if caught on fixed playground equipment.
- During the winter months of June and July the students will not be required to wear a SunSmart hat to reduce the risk of Vitamin D deficiency. This is recommended by the Cancer Council ACT.

(31st May is Hats OFF day/The 1st August is hats on for all of us.)

- Forrest Primary school will support the wearing of sun protective clothing when it is available: loose fitting, closely woven cotton fabrics, longer sleeves, shorts and dresses, and shirts with a collar during outdoor sport, lunchtimes, during school camps and excursions.
- Students may wear sunglasses. These sunglasses should meet the Australian Standard for ultraviolet protection and are labelled A.S. 1067 (Category 2, 3 or4).
- All members of the school community will model SunSmart practices by adopting SunSmart behaviour.
- SunSmart school clothes are sold at the Uniform Store. (This does not include rash shirts necessary for swimming activities.)
- Students are encouraged, and parents are reminded that a SunSmart rash shirt or T Shirt is required when participating in swimming activities.

Shade Provision

- Students are encouraged to play in the following designated shade areas:
 - the forest area near the basketball court
 - shaded area near the senior hall
 - the forest area near the oval
 - the shaded verandah (at Deakin Preschool)
- The Forrest Primary staff support the policy **NO HAT STAY IN THE SHADE**. If a student does not have an approved SunSmart hat they must stay in the designated shade areas.
- Forrest Primary staff will try to organise outdoor education programs to best protect students from over-exposure to ultraviolet radiation. They will ensure that adequate shade is provided at Sports Carnivals and outdoor events.
- Forrest Primary school will ensure that there is appropriate and effective shade at the school and will continue to provide more shade where it feels necessary in the future.

Wearing of Sunscreen

- Forrest Primary staff support the use of broad spectrum and water resistant SPF 30+ sunscreen on exposed skin that cannot be protected by clothing.
- Parents are encouraged to apply sunscreen before their child leaves home. Teachers are not expected to apply sunscreen to students. However, teachers will encourage/remind students to apply sunscreen before outdoor activities. Sunscreen should be applied roughly 15-20 minutes before outdoor activities and reapplied after 2 hours.
- Sunscreen is available at school for students and staff to use at outdoor events. Parents must notify the school on their child's medical form at the beginning of the year if he/she is allergic to sunscreen. In this case they are encouraged to provide their child with appropriate sunscreen.

Timetabling

- The longer break in the day is scheduled first as recommended by the Cancer Council ACT guidelines.
- The second break is a 20 minute break to reduce the time spent outside during the peak times of the day when the UV level is at its highest.

Education Programs

- SunSmart Education is included in the Health and Social Sciences curriculum documents.
- SunSmart Education will be regularly reinforced in a positive way through articles in newsletters, parent meetings, and student and teacher activities.
- Staff and visitors to the school will be encouraged to role model positive SunSmart behaviour and attitudes.
- Remember to:
 1. **SLIP** on some sun-protective clothing
 2. **SLOP** on SPF 30+ sunscreen (broad spectrum, water resistant)
 3. **SLAP** on a hat (that protects your face, head, neck and ears)
 4. **SEEK** shade
 5. **SLIDE** on sunglasses (that meet Australian standards)

Forrest Primary School Action Plan

The Forrest Primary School website will include the ACT Cancer Council's UV widget. This will be accessible by all staff and students to monitor the UV levels regularly. During the months that pose the most risk students and staff will use this information to:

- become more aware of the risk and will implement the procedures more readily
- look at the danger as a 'real life' scenario for the students
- manage high risk days accordingly.

This Sun Protection Policy is based on the ACT Education and Training School Policy: Sun Protection 2006 and the Cancer Council ACT National SunSmart Schools Program.

This policy will be submitted to the National SunSmart Schools Program for review. If accepted it will be reviewed every three years and the school will update its policy accordingly.