



## **NIAGARA PARK PUBLIC SCHOOL**

### **Sun Protection 2015**

#### **Rationale**

Review date: October 2018

#### **Rationale**

Ultraviolet (UV) 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.

The goals of the sun protection plan 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 UV Index levels are 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.

#### **Niagara Park Public School's Sun Protection Plan is:**

Implemented all year and a combination of sun protection measures used when the UV Index levels are 3 and above. Particular care is needed from the beginning of August until the end of May during the peak UV times of 10am to 2pm (11 am to 3 pm daylight saving time) including:

##### **1. Scheduling outdoor activities**

- Where possible, we will schedule outdoor activities (e.g. assemblies, sport and physical education lessons) outside peak UV times of 10am – 2pm (11am – 3pm daylight saving time) and plan activities to take place in the shade or indoor areas.
- We will consider sun protection 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.

##### **2. Shade**

- The school community is committed to providing shade in the school grounds particularly in areas where students congregate e.g. canteen, outdoor lesson areas, and popular play areas.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have sun safe hats are asked to play in the shade or a suitable area protected from the sun.

##### **3. Hats**

- Students are encouraged to wear school hats that protect their face, neck and ears, eg broad brimmed or legionnaire, whenever they are outside.

##### **4. Clothing**

- Sun safe clothing is included in our school uniform and sports uniform. This include shirts with collars (or covered necklines) and sleeves, longer style dresses and shorts.

#### 5. Sunscreen

- SPF 30+ broad-spectrum water-resistant sunscreen is available for staff and students' use. Where possible, sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours.
- Where possible, staff will remind children to apply sunscreen before arriving at school, before recess, lunch and going outside.
- On extended outdoor events students will be encouraged to apply sunscreen every 2 hours.

#### 6. Role modelling of staff

Staff will be requested to role model good sun protection behaviours by:

- Wearing sun safe hats, clothing and sunglasses when outside.
- Applying SPF 30+ broad-spectrum water-resistant sunscreen.
- Seeking shade whenever possible.

#### 7. Curriculum

- Teachers will be encouraged to include sun protection principles in teaching programs across all year levels.

#### 8. Information to the school community

- Sun protection information is regularly promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies and on student enrolment.
- Families and visitors are encouraged to use a combination of sun protection measures (sun safe clothing and hats, sunscreen and sunglasses) when participating in and attending outdoor activities.

#### 9. Sunglasses (optional)

- Consideration will be given to staff and students wearing close fitting, wrap around sunglasses that cover as much of the eye area as possible and meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4).

#### 10. Review

- School parent body, staff and students will regularly monitor and review the effectiveness of the sun protection plan at least once every three years.

#### Evaluation:

This policy will be reviewed as part of the school's three-year review cycle or when advised of any amendments to the Copyright Act.

Ratified: 20/10/15