



ARDROSS PRIMARY SCHOOL SUN PROTECTION POLICY

(Adapted from The Cancer Council of WA SunSmart programme)

Rationale

Australia has one of the highest rates of skin cancer in the world. Research indicates that childhood and adolescent sun exposure is an important contributing factor to the development of skin cancer. As students are at school during times when UV radiation levels tend to be the highest, schools play a role in minimising student's UV exposure.

Our Sun Protection Policy has been adopted from The Cancer Council of WA to ensure that all staff and students attending **Ardross** are protected as much as possible from skin damage caused by the sun's UV radiation. This policy is to be implemented throughout the year, but with particular emphasis from the beginning of September through to the end of May where UV readings tend to be the highest.

The sun protection practices outlined in this policy will be applied to all outdoor school activities, including sports carnivals, excursions and camps, or other events where outdoor attendance is required.

Parents are asked to support the intentions of the Sun Protection Policy in partnership with the school.

The Sun Protection Policy has been developed in consultation with the school community through the School Board.

Definitions

SunSmart Behaviour

1. Use of SunSmart Clothing
 - (i) Broad Brim Hat
 - (ii) Collars and sleeves
 - (iii) Closely woven fabric
 - (iv) Natural fibre
 - (v) Swim tops for swimming
2. Use of sunscreen
 - (i) 30+ broad-spectrum water resistant sunscreen
3. Outdoor activity
 - (i) Access shade areas where possible when outdoors.

Our Commitment

ARDROSS PRIMARY SCHOOL will:

- Inform parents of this Sun Protection Policy when they enrol their child/children.
- Brief all new staff on the Sun Protection Policy.
- Promote sun protection via the website, newsletters, assemblies, daily messages, whole school activities, and parent and staff meetings.
- Lead by example with staff wearing broad-brimmed hats for all outdoor activities, including yard duty.
- Encourage parents and guests to wear broad-brimmed hats when participating in and attending outdoor school activities.
- Require students to wear broad-brimmed hats when outside. (refer to the Ardross Dress Code)
- Direct students without a broad-brimmed hat to stay in an area that is protected from the sun.
- Require students to wear broad-brimmed hats, sun protective clothing and sunscreen for all camps, sports and excursions. These items will be listed on the parent permission forms.
- Encourage staff and students to wear a swim top for outdoor swimming (this may not be appropriate during competitive swimming).
- Regularly review the Ardross Dress code to include sun protective items such as shirts with collars and longer sleeves, and swim tops for swimming.
- Ensure there is adequate provision of shade within the school grounds for students and staff, by planting trees and building shade structures. Particularly in areas where students congregate e.g. lunch, canteen, outdoor lesson areas.
- Encourage staff and students to use shaded or covered areas when outside.
- Ensure that adequate shade is provided at sporting carnivals and outdoor events.
- Timetable as many outdoor activities as possible - including assemblies, sport and physical education - before 10 am and after 3 pm. When this is not possible activities should be scheduled as far from 12 noon as possible.

Encourage the use of SPF 30+ broad-spectrum, water-resistant sunscreen by:

- Listing sunscreen as an item students are required to buy for the school year.
- Providing sunscreen in the classroom.
- Allowing students time to apply sunscreen 20 minutes prior to outdoor activities e.g. prior to school, before lunch, PE lessons, sports, excursions etc.
- Incorporate sun protection and skin cancer awareness programs into the appropriate Key Learning Areas of the school curriculum.

Our Expectations

Parents / Carers will:

- Ensure your child/children has/have an endorsed Ardross primary broad-brimmed hat. (refer to the Ardross Dress Code)
- Ensure that your child/children's clothing provides adequate protection from UV radiation. The Cancer Council WA recommends the following:
 - collars and sleeves
 - closely woven fabric
 - natural fibre
 - swim tops for swimming.
- Ensure that your child/children has access to SPF 30+ broad-spectrum, water-resistant sunscreen before leaving for school.
- Act as positive role models by practising SunSmart behaviour.
- Support the school's sun protection policy by providing feedback on the policy to the Ardross Board.

Students will:

- Be aware of the school's sun protection policy.
- Take responsibility for their health by being SunSmart.
- Comply with SunSmart rules and guidelines by wearing endorsed hats and clothing.
- Apply SPF30+ broad-spectrum, water-resistant sunscreen 20 minutes before going outdoors.
- Use shaded or covered areas outdoors where possible.
- Act as positive role models for other students in all aspects of SunSmart behaviour.
- Be actively involved in initiatives to protect the school community from over-exposure to the sun.
- Provide feedback on the SunSmart policy to the Ardross School Board.
- Participate in SunSmart education programs.

Evaluation

The **Coordinator of the Health & Phys Ed Learning Area** will review the effectiveness of this policy once every two years and provide recommendations to the School Board for endorsement.

They will:

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

Signed: _____

Principal

School Board Chair

Date: _____

For more information contact: The Cancer Council WA
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