



KINGSTON PRIMARY SCHOOL

SUNSMART POLICY – SEPTEMBER 2014

Purpose:

This Policy aims to help ensure that all students and staff at the school are protected from skin and eye damage caused by the harmful ultra-violet rays of the sun. This is because inappropriate sun exposure in the first 18 years of life contributes significantly to the lifetime risk of developing skin cancer.

At the same time, the Policy recognises that some skin exposure to the sun's UV rays is needed for the production of Vitamin D, which is needed for the maintenance of healthy bones, teeth and for general good health.

Being SunSmart is a year round approach.

Requirements during Terms 1 and 4:

Staff and students will use a combination of sun protection measures in Terms 1 and 4 (when average peak UV levels in Tasmania reach 3 and above.)

Staff are encouraged to check the UV Alert on a daily basis.

Hats:

Children will wear hats which protect the face, neck and ears whenever they are outside (such as at recess, PE, lunch, sporting carnivals, outdoor activities and excursions).

All new students will be given a sun-safe hat so that they are able to comply with this Policy.

Students who do not have a hat will need to stay in a designated shade area.

Clothing:

Parents are expected to send children to school in sun-safe clothing - i.e. shirts with collars and sleeves, and longer-style dresses and shorts. Rash vests or T-shirts are highly recommended for outdoor swimming. Clothing exposing large amounts of skin and upper torso is not considered suitable – i.e. singlets, tank tops and strappy dresses are not suitable.

If clothing is deemed unsuitable for an excursion, children will need to stay behind or to wear school uniform from the spares available at the school.

Students with very dark skin may need 4 – 6 times as much sun for Vitamin D production and do not need long sleeved tops or sunscreen; however, they should still wear hats and sunglasses in Terms 1 and 4.

Sunglasses:

Close-fitting wrap-around sunglasses that comply with Australian Standards AS1067:2003 (Category 2, 3 or 4) are encouraged but optional.

Sunscreen:

Children are encouraged to wear SPF30+ broad-spectrum, water-resistant sunscreen, which is provided in every classroom. It needs to be re-applied every 2 hours if students are outside for an extended time. The teacher will make a note of time of application when on excursions.

Students with very dark skin may need 4 – 6 times as much sun for Vitamin D production and do not need long sleeved tops or sunscreen; however, they should still wear hats and sunglasses in Terms 1 and 4.

Shade:

Students who do not have a hat will need to stay in a designated shade area.

For excursions, if shade is not available, teachers will need to organise to take the school shade tents.

Where possible, outdoor activities will be planned away from the middle of the day (11.00 am – 3.00 pm Daylight Saving Time) during the period mid-September to mid-April (when UV levels reach 3 and above). The school community is committed to providing shade areas for eating, playing and outdoor teaching. The Occupational Health and Safety Officer will make recommendations in September each year for increasing shade provision

Role models:

Staff and parents are encouraged to act as role models by wearing hats and protective clothing, and by seeking shade whenever possible.

Terms 2 and 3

To help maintain adequate levels of Vitamin D during Terms 2 and 3, sun protection will not be used during Terms 2 and 3 (unless in alpine areas or near highly reflective surfaces such as water and snow).

The Principal should:

Reinforce the Sunsmart Policy through the school newsletter, staff meetings.

Teachers should:

Discuss skin cancer prevention at all grade levels, in a way that is appropriate to the grade.

Ensure that any outdoor excursion complies with all elements of the Sunsmart Policy.

Review Cycle:

This Policy will be submitted for review to Cancer Council Tasmania once every three years, for updating as new evidence becomes available – **due September 2017**.