

WAIKERIE PRIMARY SCHOOL



Sun Smart Guidelines

The purpose of the Sun Smart Guidelines is to

- ensure that students are protected from skin damage caused by the harmful ultraviolet rays of the sun
- establish positive attitudes towards and develop personal responsibility for skin protection
- promote lifestyle practices which can help reduce the incidence of skin cancer
- ensure protection from the sun but also adequate levels of vitamin D

Implementation Strategies for Skin Protection

It is current school practice for students to wear hats, as per the Waikerie Primary School Dress Code ie: wide brimmed or bucket style throughout the year, with the exception of optional hats from 1st June to 1st September.

- **Strategies:**
 - Students will wear hats in school hours whenever they are outside (including sport, sports carnivals, outdoor excursions and activities)
 - Students who do not have their hats will sit out in designated areas (no Hat no Play)
 - Students will be encouraged to use available areas of shade for outdoor play activities
 - Outdoor activities will be held in areas of shade whenever possible
 - Staff will be encouraged to act as role models by practising Sun Smart behaviour
 - Ensure that shade is provided at sporting carnivals and outdoor events
 - At times of high risk teachers will schedule outdoor activities at safe times, preferably early in the day to avoid peak UV times whenever possible
 - The school will supply SPF 30, water resistant sunscreen for staff and student use. The sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every two hours if outdoors
 - Students must wear a t-shirt or rash vest when participating in swimming and aquatics lessons
 - When appropriate teachers will incorporate programmes on skin cancer prevention and vitamin D in the curriculum for all year levels

Sun Smart behaviour is regularly reinforced and promoted to the whole school community through newsletters, assemblies and student and teacher activities.

The staff and school council regularly monitor and review the effectiveness of the Sun Smart Guidelines.

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