

WAIKERIE PRIMARY SCHOOL

Sun Smart Policy

Rationale

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure in the first ten years of life is a major factor in determining future skin cancer risk. Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

Objectives

This Sun Smart policy has been developed to:

- encourage the entire school community to use a combination of sun protection measures
- work towards a safe school environment that provides shade for students, staff and the school community at appropriate times
- ensure all students and staff have some UV exposure for vitamin D
- assist students to be responsible for their own sun protection
- ensure that families and new staff are informed of the school's Sun Smart policy

Clothing

Sun protective clothing is included in the school uniform code. The clothing is cool, loose fitting and made of closely woven fabric. It includes shirts with collars and rash tops or t-shirts for outdoor swimming.

Sunscreen

The school supplies SPF 30, water resistant sunscreen for staff and student's use. Strategies are in place to remind and encourage students to apply sunscreen before going outdoors (e.g. reminders as part of the daily routine)

Hats

All students and staff are required to wear hats that protect their face, neck and ears e.g. legionnaire, broad brimmed or bucket hats when outdoors for the entire school year. Baseball or peak caps are not acceptable.

Shade

The availability of shade is considered when planning excursions and all other outdoor activities. Care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these times or in the shade where possible. Students are encouraged to use available areas of shade when outside. Students who do not have hats are asked to play in a designated shaded area.

Curriculum

Where appropriate, teachers will incorporate programmes on skin cancer prevention and vitamin D through the Australian Curriculum – Health/Physical Education.

Policy review

The school council and staff monitor and review the effectiveness of the Sun Smart policy and revise when required.



Government of South Australia
Department for Education