DURACK SCHOOL

SUNSMART POLICY

Rationale

Too much exposure to ultraviolet (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of developing skin cancer. Australia has the highest rate of skin cancer in the world.

This policy is followed all year round in the Territory as the UV index is always high and very high during the peak UV periods (10:00am to 3:00pm).

Staff will act as role models in line with the SunSmart program, role modelling requirements and WH&S standards. School staff members are required to adopt protective measures as put in place by this policy and the WH&S policies of the NT Department of Education.

Aim

Durack School’s SunSmart Policy has been developed to ensure that all children and staff are protected from damaging levels of ultraviolet radiation from the sun.

The goals of the Sun Smart Policy are to:

- Maintain a safe environment for students and staff in the school.
- Assist students to become responsible for their own sun protection
- Increase student and community awareness about skin cancer and sun protection
- Encourage the school community to use a combination of sun protection measures all year round
- Ensure that families and new staff are informed of the school’s Sun Smart Policy
SUN PROTECTION STRATEGIES

- All students and staff use a combination of sun protection measures throughout the day to ensure they are well protected. Particular care is taken between 10 am and 3 pm when UV levels reach their peak.
- The Sun Smart policy is considered when planning all outdoor events e.g. camps, excursions etc.
- Where possible, outdoor activities or events should take place before 10am or after 3:00pm, or indoor venues considered.

Shade
- The school management ensures there is a sufficient number of shade structures and trees providing shade in the school grounds. In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- The availability of shade is considered when planning excursions and outdoor activities.
- Students are encouraged to use available areas of shade when outside.
- In accordance with School Uniform Policy, students who do not have appropriate hats or outdoor clothing are to sit on the ‘no hat seat’ in the shade.

Break Periods
- Lunchtime is in the hottest time of the day and is thus restricted to no longer than 25 minutes of outside play. Students are encouraged to use the library and shade areas during this time.

Clothing
- Sun protective clothing is included in our School Uniform Policy. School clothing is made of close weave fabric and includes shirts with collars and sleeves, and longer style dresses and shorts.
- The wearing of Rash Shirts or T-shirts for outdoor water activities is encouraged.

Hats
- Students are also required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad-brimmed or bucket hats whenever they are outside.

Sunglasses
- Students and staff are encouraged to wear close fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

Sunscreen
- The use of SPF 30+ broad spectrum, water resistant sunscreen is encouraged. When on camps and long periods outside students are encouraged to reapply sunscreen every two hours.
Role Modelling
Staff will act as role models in line with the SunSmart program role modelling requirements and WHS standards. Staff members are required to adopt all protective measures put in place by their employer as part of employee WHS responsibilities.

- Staff act as role models by:
  - ✔ wearing sun protective clothing, hats (that cover the head, face, ears and neck) and sunglasses outside
  - ✔ applying SPF 30+ broad spectrum, water resistant sunscreen
  - ✔ seeking shade whenever possible
- Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses and sunscreen) when participating in and attending outdoor school activities.

Sharing information about sun protection
- The children learn about skin and ways to protect their skin from the sun
- The sun protection policy is reinforced through staff and children’s activities and preschool displays
- Staff and families are provided with information on sun protection through newsletters, notice boards and information meetings.

When enrolling their child families are:
- Informed of the school sun protection policy.
- Informed of the compulsory school uniform and hat policy.
- Encouraged to apply sunscreen to their children before coming to school.
- Encouraged to practice SunSmart behaviours themselves when at the school.

Review
- The school council and staff monitor and review the effectiveness of the Sun Smart Policy every two years and revise the policy when required.
- Next policy review: October 2016

References:
Cancer Council NT 2013