

## **Cambridge Primary School SunSmart Policy**

Our SunSmart policy has been developed to ensure that all students, staff and visitors attending this school are protected from skin damage caused by the harmful rays of the sun.

**Inappropriate sun exposure in the first 18 years of life contributes significantly to the lifetime risk of developing skin cancer.** However, some skin exposure to the sun's UV rays is needed for the production of vitamin D, vital for maintenance of healthy bones, teeth and general good health.

Being SunSmart is a whole-of-year approach. It means using sun protection when the UV is 3 and above (September to April), and safe sun exposure for vitamin D (May to August). Therefore, schools need to implement sun protection measures from the beginning of the school year until the end of April and again from the beginning of September until the end of the school year. Implementing sun protection measures throughout Terms 1 and 4 only is insufficient to protect against UVR risks.

As part of general SunSmart strategies, our school will:

- Encourage staff to check the sun protection times on a daily basis at <http://www.cancertas.org.au/>, <http://www.bom.gov.au/tas/uv/> or on the free SunSmart app or widget.
- Staff and students use a combination of sun protection measures from September to April, when average peak UV levels in Tasmania reach 3 and above:
  - Require children and staff to wear hats which protect the face, neck and ears whenever they are outside (eg recess, lunch, sport, PE, excursions). Recommended sun-safe hats include legionnaire, broad-brimmed and bucket hats. Caps and visors are not suitable.
  - Encourage the use of broad-spectrum SPF30+ (or greater) sunscreen when outdoors for staff and students. Encourage parents to apply sunscreen at home for the day ahead. Parents will be aware of sun protection times and will teach students to apply sunscreen – teachers are not to apply sunscreen. Encourage children to bring sunscreen from home if they require additional application. Sunscreen is also available and accessible for use at the school in places such as classrooms and the school office.
  - If outdoors for extended periods sunscreen is reapplied every 2 hours (more frequently if swimming and sweating).
  - Sunscreen should be stored in a cool, dry place and the expiry date monitored.
  - Strategies are in place to remind students to apply sunscreen before going outdoors.
- The school community is committed to providing shade in areas where students gather such as for eating, outdoor teaching and popular play areas.
- Availability of shade is considered when planning excursions and all outdoor activities. Encourage children to use available areas of shade for outdoor activities.

- Sun-safe clothing is part of our school and sports uniform. This includes shirts with collars, sleeves, longer style dresses and shorts and rash vests or T-shirts for outdoor swimming.
  - Clothing exposing large amounts of shoulder and upper torso (singlets, tank tops and strappy dresses) are not considered suitable.
  - Have available for purchase through the school uniform shop appropriate SunSmart clothing.
  - Close-fitting wrap-around sunglasses that comply with Australian Standards AS1067 (Category 2, 3 or 4) are encouraged but optional.
- **Students without a sun-safe hat or clothing must play in areas protected from the sun. “No hat, no play”**
- Staff are required, and families and visitors parents encouraged, to act as role models by practising SunSmart behaviours when outdoors.

### **Curriculum**

- Regularly reinforce SunSmart behaviour in a positive way through role modelling, parent communication, newsletters, parent meetings.
- SunSmart policy updates and requirements will be made available to staff, families and visitors.
- Ensure the SunSmart policy is reflected in the planning of all outdoor events (eg camps, excursions, sporting events).

### **Environment**

- Organise outdoor activities to be held in areas with plenty of shade whenever possible.
- The use of these areas is encouraged.

### **Evaluation**

The SunSmart Committee (Senior Team) will review the effectiveness of this policy every three years and submit to the SunSmart Officer at Cancer Council Tasmania. They will:

- Review the SunSmart behaviour of students, staff, parents and visitors and make recommendations for improvement.
- Assess shade provision and usage and make recommendations where appropriate.
- Submit school's sun protection policy to the Cancer Council Tasmania every three years for review and updating as new evidence becomes available.