



Beauty Point Public School

Sun Protection Policy

Policy Launched – 26th August 2019
Reviewed August 2020

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1. Introduction

The Department of Education (DoE) has a duty of care to provide a safe environment that protects the health and well being of all staff and students, including protection from the sun's damaging ultra violet (UV) radiation.

The DoE's Student Health Policy *requires schools to ..'implement practices related to student health that comply with the NSW Work Health & Safety Act 2011 (WHS Act).. and demonstrate a commitment to collaboration with parents to support the well being of students.'* (www.det.nsw.edu.au)

2. Rationale

Australia continues to have the highest rate of skin cancer in the world (Bray et al., 2018). UV radiation exposure from the sun is the primary cause of skin cancer. All people, regardless of culture or heritage, are at risk of overexposure to UV radiation.

Most UV damage that leads to skin cancer later in life occurs in childhood. The 0-13 years age group is the most vulnerable due to the thin layers of skin that children have at this age. This is the most critical time for protecting skin from UV radiation. *'The risk of developing melanoma and other skin cancers is strongly related to spending childhood in a high UVR environment, such as NSW.'* (www.schools.nsw.edu.au)

'By the age of 15 many children have developed irreversible skin damage from exposure to the sun. While skin cancer is the most common cancer in Australia, it is estimated that 95% of skin cancers can be prevented through reducing exposure to ultraviolet radiation from the sun. Each school has a responsibility to provide a safe environment for students and staff and this includes providing adequate protection from the sun.'

(www.education.gov.nsw.au)

Despite some public education campaigns in the past, the numbers of children expected to develop skin cancer later in life remains high. Being properly informed about how to adequately protect skin, and at what time in any given day, is essential. *'Unprotected exposure to the sun on our children's delicate skin significantly increases their risk of developing skin cancer later in life. Unfortunately, 2 out of 3 Aussie kids at school today will be diagnosed with skin cancer later in life..' ('Sunsmart Habits for Life', Cancer Council Australia, CAN10466 02/17)).*

Most Australian children attend school when outdoor play & outdoor lesson time occur during the most high risk UV rating times of the day. Protection against repetitive daily exposure to UV radiation while at school is essential to help prevent skin cancer later in life.

3. Policy Objectives

- 3.1 To ensure that all students and staff at Beauty Point Public School (BPPS) are properly protected from high-risk ultraviolet (UV) radiation throughout the school day.
- 3.2 Encourage the development, practice, and integration of Sunsmart behaviours on a daily basis, as recommended by the Cancer Council Australia, to form good habits for life.
- 3.3 Meet the Sunsafe School policy standards to become a recognised Sunsmart School to work in partnership with Cancer Council Australia.

4. Key Recommendations

- 4.1 **Search** – The Sunsmart App (See Appendix 1)

Temperature is not an indicator of UV radiation and it does not affect the amount of UV radiation reaching the ground. Therefore, it is still possible to be exposed to damaging UV rays on a cold and cloudy day. The Cancer Council recommends checking the free Sunsmart App or the Bureau of Meteorology (BoM) website (www.bom.gov.au), each morning to determine the daily UV rating and the high-risk exposure times. When the UV rating is 3 or above then all of the Cancer Council sunsmart protections below are required.

- 4.2 **The 5 key sunsmart protections** (See Appendix 1)
 - **Slip** - Cover up with **protective clothing**
 - **Slop** - Use broad-spectrum **sunscreen** (minimum SPF 30+)
 - **Slap** - Wear broad brimmed hats
 - **Shade** - Avoid mid-day sun & seek **shade**
 - **Sunglasses** - Wear **sunglasses**

The use of all 5 sunsmart protection behaviours is necessary when the UV rating is 3 or above due to reflective/scattered UV radiation that bounces off other surfaces in the environment, and onto skin. *‘..Exposure to this scattered radiation increases the risk of short-term and long-term conditions, such as erythema, cataracts and skin cancer’.*(Turnball et al., 2006)

Although exposure to high levels of UV radiation in sunlight can cause skin cancer, some exposure to low levels of UV radiation (below a UV rating of 3) stimulates vitamin D production in our bodies. This is important for keeping our bones strong and healthy for life. Vitamin D levels can be topped up when the UV index is below 3 during the winter months and early in the morning or late afternoon in the summer and shoulder seasons. The Cancer Council states *‘Don’t risk damaging your skin. UV levels can change from day to day. When UV levels are 3 or above, use sun protection. People who use sunscreen regularly when UV levels are 3 and above do not have lower vitamin D levels than people who don’t...Talk to your doctor if you have any concerns about developing a vitamin D deficiency’.* (www.sunsmartnsw.com.au)

5. Policy Actions

Action	Implementing	Planning
<p>5.1 <u>Scheduling Outdoor School Activities</u></p> <ul style="list-style-type: none"> - Where possible, school outdoor activities will be scheduled outside peak UV times of 10am – 2pm (11am – 3 pm daylight saving time) - During summer terms 1 & 4: <ul style="list-style-type: none"> - School assemblies to be held in the school hall - Where possible, outdoor PE lessons to be held outside peak UV times, under shade or in school hall. - Indoor PE activities or those that can be adapted to be indoors will be run during terms 1 & 4 where possible e.g. dance & gymnastics. Outdoor PE activities such as soccer will be run during terms 2 & 3. - The UV rating has been added as a widget to Sentral where it will appear each morning during roll call for students to be alerted of the daily UV levels. - When the UV rating is 3 or above, all 5 key sun protection measures will be considered when planning outdoor activities and excursions. <p>UV ratings: (See Appendix 2)</p> <ul style="list-style-type: none"> - 1-2 – Low rating – No protection is required unless outdoors for extended periods of time - 3-5 - Moderate rating – All protections are encouraged - 6-7 High rating – All protections are encouraged - 8-10 Very High rating – All protections are encouraged – children will be encouraged to play in shaded areas when outside - 11+ Extreme – Extra prompts and discussions required and children will be encouraged to play indoors or attend indoor lunchtime clubs. 		
<p>5.2 <u>Shade</u></p> <ul style="list-style-type: none"> - BPPS is committed to providing shade (trees, built and portable shade structures) in areas where students gather – such as eating, outdoor teaching, outdoor walkways, sporting areas and popular play areas. - The school consults the school community about future plans for shade improvement. 		

<ul style="list-style-type: none"> - Students are encouraged to use the shade available when outside. If inadequate shade is available for all children then alternative indoor spaces will be considered e.g. the school hall and library - Shade availability is considered by the school when planning all outdoor activities and excursions. 		
<p>5.3 <u>Hats</u></p> <ul style="list-style-type: none"> - Students are encouraged to wear sun-safe hats that protect the face, ears and neck, at all times when outside. Recommended sun-safe hats include legionnaire, broad-brimmed and bucket hats. Baseball caps are not recommended. - Students who do not have a sun-safe hat are required to play in the shade or indoors. 'No (sun safe) hat, play in the shade.' - Students transitioning between rooms e.g. robotics to library, shaded areas such as the canteen space should be used for congregating/meeting - Children are encouraged to wear hats to and from school. 		
<p>5.4 <u>Clothing</u></p> <ul style="list-style-type: none"> - Sun-safe clothing is part of our school and sports uniform. This includes shirts with collars or covered necklines, sleeves, longer style dresses and shorts. - Children are encouraged to bring their own rash vests or long t-shirts for outdoor swimming. - A cooler long sleeve collared school shirt with USF 50+ rating is being explored as an option for children to wear during the summer months. 		
<p>5.5 <u>Sunscreen</u></p> <ul style="list-style-type: none"> - SPF 50+ broad-spectrum water resistant sunscreen will be available for staff and students - We actively encourage the use of sunscreen & adequate time is scheduled into the school day for children to apply sunscreen (at least 20 minutes before going outside) - Children and staff are encouraged to reapply sunscreen every 2 hours when outdoors for extended periods. - Parents are asked to encourage their children to apply sunscreen prior to coming to school. - Parents will be given an opportunity to opt-out of having their child use the school sunscreen as part of the enrolment process. Children can also bring in their own brand sunscreen to use from home. 		

<p>5.6 <u>Role modelling</u></p> <ul style="list-style-type: none"> - Staff will role model good sun protection behaviours by also following the 5 key Cancer Council recommendations. - Families and visitors are also encouraged to role model and use sun protection measures when visiting or participating in outdoor activities at the school. 		
<p>5.7 <u>Curriculum</u></p> <ul style="list-style-type: none"> - Teachers include sun protection principles in teaching programs for all year levels as indicated in the PDHP syllabus (2019) ('Sun Safety for Students – Sun Safety & the Curriculum', www.education.nsw.gov.au) - Good sun smart behaviour is to be encouraged & also rewarded as part of the school merit system e.g. <i>PBL – Responsibility</i> - Students are provided with opportunities to take leadership roles in managing sun protection e.g. accessing daily UV levels and sun protection times, hat reminders and management of sunscreen. - Students understand why sun safety is important and learn how to take effective sun protection actions. - Students are encouraged to complete the half hour Sunsmart course on line at www.generationsunsmart.com.au - 		
<p>5.8 <u>Informing the school community</u></p> <ul style="list-style-type: none"> - Sun protection information is regularly promoted to the school community through newsletters, notice boards, online, parent meetings, staff meetings, school assemblies and at school enrolment and orientation. - Staff and parent SunSmart Educators will work together, and with other Sunsmart champions/volunteers within the school community (parents, teachers, students), to help monitor, educate, and implement the BPPS Sun Safety Policy. - Sunsmart Educators are required to complete the half hour Sunsmart Educator course on line at www.generationsunsmart.com.au 		
<p>5.9 <u>Sunglasses</u></p> <ul style="list-style-type: none"> - Staff and students are encouraged to wear close fitting wrap around sunglasses that cover as much of the eye area as possible, and comply with Australian Standard AS1067 (Sunglasses: Category 2, 3 & 4) 		

6. Review

The school parent body and staff will regularly monitor and review the effectiveness of the Sun Protection Policy.

Annual Review Date: August 2020.

The schools Sun Protection Policy will be updated and submitted to the Cancer Council NSW once every three years to maintain Sun Smart Status.

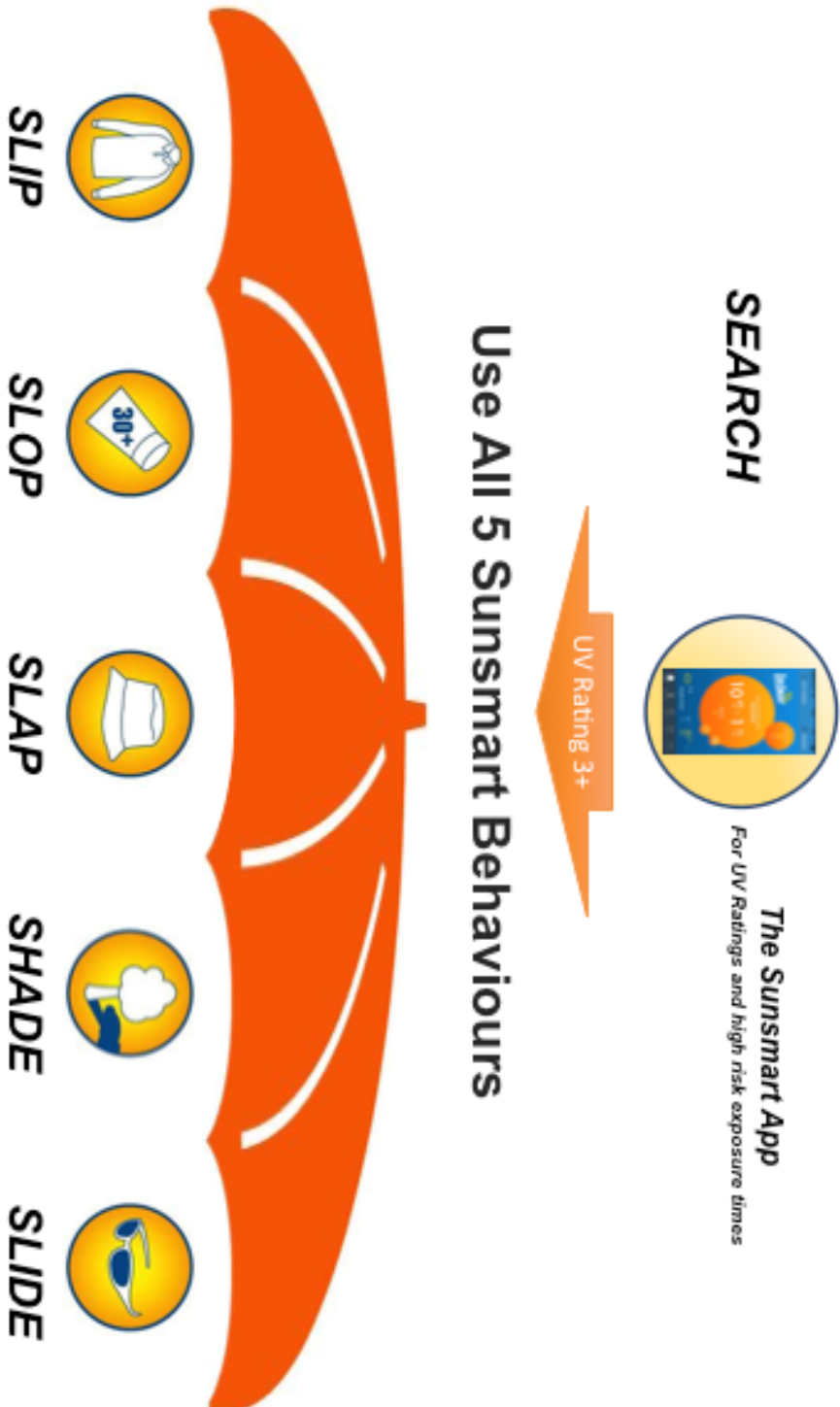
Three Yearly Review Date: August 2022.

7. References

1. Cancer Council Australia: www.cancer.org.au
 - SunSmart Schools and Early Childhood Programs (February 6th 2019)
2. Cancer Council NSW documents: www.sunsmartnsw.com.au
 - Sunsmart 'Primary School Sun Protection Policy' (CAN3493 08/11)
 - Sunsmart 'Habits for Life' leaflet (CAN10466 02/17)
 - Sunsmart 'The Shade Handbook' (CAN434 12/08)
 - 'Suggested School Newsletter Content – Sun Safe Hats'
 - 'Suggested School Newsletter Content – Role Modelling'
 - 'Suggested School Newsletter Content – Vitamin D'
3. Sunsmart Educator Course information (www.generationsunsmart.com.au)
4. The Department of Education, NSW, Policy Library – www.det.nsw.edu.au: 'Student Health in NSW Public Schools: A summary and consolidation of policy'.
5. Parliament, NSW, Legislative Assembly. Private Members Statement: 'Sun Exposure' – 1/8/2019, Mr Rob Stokes, Pittwater - Minister for Planning and Public Spaces.
(www.parliament.nsw.gov.au/hansard/Pages/HansardResult.aspx)
6. Department of Education, NSW, documents available at www.education.nsw.gov.au:
 - Sun Safety for Students Guidelines (June 2013)
 - Sun Safety for Students Action Plan (June 2013)
 - Sun Safety for Students Clothing and Uniform (June 2013)
 - Sun Safety Information for Parents and Carers (July 2013)
 - Sun Safety for Students Sunscreen (June 2013)
 - Sun Safety for Students Whole School Strategy and Community Engagement (June 2013)
 - Sun Safety for Students Checklist (June 2013)
 - Sun Safety for Students Sun Safety and the Curriculum (June 2013)
 - Sun Safety for Students Shade (June 2013)
 - Sun Safety for Students Outdoor Activities (June 2013)
 - School Uniform Policy Guidelines Checklist
7. Review of the sun safe policies at St Pius X Primary School, Queensland.
8. Bray F, Ferlay J, Soerjomataram I, Siegel RL, Torre LA, Jemal A, (2018), 'Global Cancer Statistics 2018: GLOBOCAN Estimates of Incidence and Mortality Worldwide for 36 Cancers in 185 Countries' *CA Cancer J Clin*, <http://dx.doi.org/10.3322/caac.21492>. A joint publication with the World Health Organisation's International Agency for Research on Cancer (IARC).
9. Turnbull D J & Parisi A V, (2006), 'Sun, Shadow and Skin Cancer – Effective Shade Structures' *The Medical Journal of Australia*, 184 (1): 13-15, doi: 10.5694/j.1326-5377.2006.tb00088.

8. Appendices

Appendix 1 – Sunsmart Recommendations
Source: Adapted from Cancer Council Australia





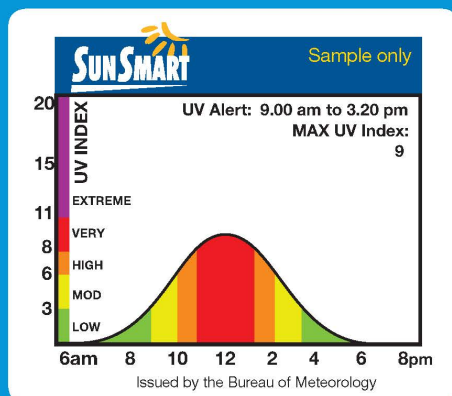
Check the SunSmart UV Alert every day

The easy way to stay safe from the sun

Ultraviolet (UV) radiation from the sun causes most skin cancers.

You can reduce your risk of skin cancer by protecting yourself when the sun's rays are strong enough to damage your skin – UV Index 3 or above.

You can't see or feel when UV levels are high, but you can check the SunSmart UV Alert.



How to read the UV Alert:

The **UV Alert** (above) identifies the hours of the day when the **UV Index** will be **3 or above**. The higher the UV Index, the more you need to protect your skin from the sun (see right). Remember, you need to check the UV Alert every day.

The SunSmart UV Alert is in daily newspaper weather forecasts or go to www.cancercouncil.com.au/sunsmart

UV INDEX

11+ EXTREME

Extra protection.

Avoid being outside during midday hours. Seek shade. Shirt, sunscreen and hat are a must.

8-10 VERY HIGH

Extra protection.

Avoid being outside during midday hours. Seek shade. Shirt, sunscreen and hat are a must.

6-7 HIGH

Protection required.

Seek shade during midday hours. Slip on a shirt, slop on sunscreen and slap on a hat.

3-5 MODERATE

Protection required.

Seek shade during midday hours. Slip on a shirt, slop on sunscreen and slap on a hat.

1-2 LOW

No protection required.

Most people can safely stay outside.

For more information call the Cancer Council Helpline 13 11 20

CAN 1803/4/11