Beauty Point Public School

Sun Protection Policy

Policy Launch – 26th August 2019
Contents

1. Introduction ................................................................................................................................. 3
2. Rationale ...................................................................................................................................... 3
3. Policy Objectives ....................................................................................................................... 4
4. Key Recommendations .............................................................................................................. 4
5. Policy Actions ............................................................................................................................ 5
6. Review ........................................................................................................................................ 8
7. References ................................................................................................................................... 9
8. Appendices .................................................................................................................................. 10
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 ultraviolet (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

<table>
<thead>
<tr>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>5.1 Scheduling Outdoor School Activities</strong></td>
</tr>
</tbody>
</table>
| - Where possible, all school outdoor activities will be scheduled outside peak UV times of 10am – 2pm (11am – 3 pm daylight saving time). During summer terms 1 & 4:  
  - School assemblies to be held in the school hall  
  - 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 e.g. dance & gymnastics. Outdoor PE activities such as soccer will be run during terms 2 & 3.  
- The UV rating will be checked each morning within each classroom using the Sunsmart App so that staff and students are aware of the daily UV rating & the associated protections required.  
- A UV rating board will be placed in an easily observable location within the playground and each class will take it in turns to be responsible for adjusting the daily rating at the start of each day.  
- When the UV rating is 3 or above, all 5 key sun protection measures will be considered when planning outdoor activities and excursions. UV ratings: (See Appendix 2)  
  - 1-2 – **Low rating** – No protection is required unless outdoors for extended periods of time  
  - 3-5 - **Moderate rating** – All protections are required  
  - 6-7 **High rating** – All protections are required  
  - 8-10 **Very High rating** – Extra vigilance is required – children will be encouraged to stay under well shaded areas at all times when outside  
  - 11+ **Extreme** – Extra protection is required and children will be encouraged to play indoors or attend indoor lunchtime clubs. No outdoor play. |
| **5.2 Shade** |
| - 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.  
- 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.  
- The school when planning all outdoor activities and excursions considers shade availability. |
### 5.3 Hats
- Students are required 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 sit in the shade or indoors. ‘No sun safe hat no play’.
- Hats are to be worn when moving around the school between buildings e.g. up to the library and back.
- Children are encouraged to wear hats to and from school.

### 5.4 Clothing
- 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 will be available as an option for children to wear during the summer months.

### 5.5 Sunscreen
- 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 if going outdoors.
- Parents are asked to ensure that their child applies 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.

### 5.6 Role modelling
- Staff will role model good sun protection behaviours by also following the 5 key Cancer Council recommendations where possible.
- Families and visitors are also encouraged to role model and use sun protection measures when visiting or participating in outdoor activities at the school.

### 5.7 Curriculum
- 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.
5.8 **Informing the school community**
- 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.
- A parent Sunsmart Educator role will sit alongside the school’s Environment Group. This individual, along with other Sunsmart Educators within the school community (parents, teachers, students) will help to monitor, educate and implement the BPPS Sun Safety Policy. Meetings will be held each term to allow for liaison and feedback of any required policy updates and actions. Sunsmart Educators will be required to complete the half hour Sunsmart Educator course online at [www.generationssunsmart.com.au](http://www.generationssunsmart.com.au)

5.9 **Sunglasses**
- 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: July 2020.**

The school's 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


2. Cancer Council Australia: www.cancer.org.au
   - SunSmart Schools and Early Childhood Programs (February 6th 2019)

   - 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’

   - 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. Appendices

Appendix 1 – Sunsmart Recommendations
Source: Adapted from Cancer Council Australia
### Appendix 2 – Ultra Violet (UV) Ratings

<table>
<thead>
<tr>
<th>Ultra Violet (UV) Ratings</th>
<th>1-2 Low Rating</th>
<th>3-5 Moderate Rating</th>
<th>6-7 High Rating</th>
<th>8-10 Very High Rating</th>
<th>11+ Extreme</th>
</tr>
</thead>
<tbody>
<tr>
<td>No protection is required unless outdoors for extended periods of time</td>
<td>All 5 protections required</td>
<td>Extra protections are required</td>
<td>Children will be encouraged to stay under well shaded areas at all times</td>
<td>Children will be encouraged to play indoors or attend indoor lunchtime clubs. No outdoor play</td>
<td>Children will be encouraged to stay under well shaded areas at all times</td>
</tr>
</tbody>
</table>