Sun Protection Statement/Action Plan

PRESTONS PUBLIC SCHOOL'S SUN PROTECTION STATEMENT

Rationale
Ultraviolet (UV) radiation from the sun can cause sunburn, skin damage, eye damage, and skin cancer. Australia has the highest incidence of skin cancer in the world, with two in three Australians developing some form of skin cancer during their lifetime. Overexposure to the sun during childhood and adolescence is known to be a major cause of skin cancer.

The goals of the sun protection statement/action plan are to:
• Increase student and community awareness about skin cancer and sun protection.
• Encourage the entire school community to use a combination of sun protection measures whenever UV Index levels are 3 and above.
• Work towards a safe school environment that provides shade for students, staff and the school community.
• Assist students to be responsible for their own sun protection.

Our sun protection strategies are as follows:
The sun protection statement/action plan should be implemented all year and a combination of sun protection measures used when the UV Index levels are 3 and above. Particular care is needed from the beginning of August until the end of May during the peak UV times of 10am to 2pm (11 am to 3 pm daylight saving time) including:

Scheduling outdoor activities
Where possible, we will schedule outdoor activities (e.g. assemblies, sport and physical education lessons) outside peak UV times of 10am – 2pm (11am – 3pm daylight saving time) and plan activities to take place in the shade or indoor areas.
• We will consider sun protection when planning all outdoor events e.g. assemblies, camps, excursions, and sporting events. Where possible, we have outdoor activities or events earlier in the morning or later in the afternoon, or we try using indoor venues.

Shade
The school community is committed to providing shade in the school grounds particularly in areas where students congregate e.g. canteen, outdoor lesson areas, and popular play areas.
• We will consult with the school community about future plans for shade.
• The availability of shade is considered when planning excursions and all other outdoor activities.
• Students are encouraged to use available areas of shade when outside.
• Students who do not have sun safe hats are asked to play in the shade or a suitable area protected from the sun.

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

Clothing
• Sun safe clothing is included in our school uniform and sports uniform. School clothing is made of close weave fabric and includes shirts with collars (or covered necklines) and longer sleeves, longer style dresses and shorts, rash vests or t-shirts for outdoor swimming.
Sunscreen
• SPF 30+ broad-spectrum water-resistant sunscreen is available for staff and students’ use. Where possible, sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours.
• Where possible, staff will remind children to apply sunscreen before arriving at school, before recess, lunch and going outside.

Role modelling of staff
• Staff will be requested to role model good sun protection behaviours by:
  • Wearing sun safe hats, clothing and sunglasses when outside
  • Applying SPF 30+ broad-spectrum water-resistant sunscreen
  • Seeking shade whenever possible.

Curriculum
• Teachers will be encouraged to include skin cancer prevention principles across all year levels.

Information to the school community
• Skin cancer prevention information is regularly promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, and on student enrolment.
• Families and visitors are encouraged to use a combination of sun protection measures (safe clothing and hats, sunscreen and sunglasses) when participating in and attending outdoor activities.

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

Review
• School parent body, staff and students will regularly monitor and review the effectiveness of the sun protection statement/ action plan (at least once every three years) and revise the policy when required.
• Next policy review is 2010