

SUNSMART PROCEDURES

Whyalla Special Education Centre seeks to provide a safe and secure environment for all students and staff.

Whyalla Special Education Centre is committed to fostering independence and an integral component of our curriculum is to model and teach personal care and safety routines. Sun Smart information is shared and routines practiced as per information Sun Smart primary school policy guidelines

<http://www.cancersa.org.au/cut-my-risk/sunsmart-for-primary-schools>

Rationale:

UV radiation from the sun causes skin damage; to ensure a healthy balance between UV exposure and UV protection it is recommended that skin is protected when the UV index levels reach 3 and above throughout the year.

Aims:

The aims of the SunSmart policy are to:

- Increase the school community's awareness of skin cancer and the importance of skin protection (e.g. via newsletters, assemblies, bulletin boards, parents and staff meetings) and all families and staff members are aware of the policy.
- Increase the school community's awareness of the importance of a healthy balance between UV exposure and UV protection. This will include providing a balance to achieve enough sun exposure to maintain adequate vitamin D levels while minimising the risk of skin cancer. We will do this by not implementing sun protection strategies when the UV levels are below 3, so that the main source of vitamin D (sunlight) is absorbed.
- Encourage the use of a combination of sun protection strategies which will lower the risk of skin damage and skin cancer
- Ensure programs on sun protection, skin cancer prevention and vitamin D is included in the curriculum of all year levels, where an understanding of such can be achieved.
- Encourage students personal responsibility for and decision making about skin protection

Whyalla Special Education Centre will ensure our staff and students use a combination of sun protection strategies every day in terms 1, 3, and 4 and at any other time when the UV index levels reach 3 and above by:

- Considering UV radiation levels when planning any outdoor activities
- Using shade outdoors as much as possible
- Making sure the school has sufficient shade or is working towards increasing the number of trees and shade structures so as to provide adequate sun protected areas in the school grounds.
- Including sun protective styles of clothing as part of our school uniform and dress code including tops with collars and longer sleeves and longer-style shorts, skirts and dresses.
- Requiring **students and staff** to wear a hat outdoors that protects the face, neck and ears when outside (e.g. broad-brimmed, legionnaire or bucket hat). If no hat is available, students will be asked to play in areas protected by the shade.

- Supplying and actively encouraging the application of SPF 30+ broad spectrum, water resistant sunscreen 20 minutes before outdoor activities (permission to apply will be obtained through enrolment processes), if an alternative sunscreen is required, families will supply and reapplication every 2 hours if staying outside for extended periods of time.
- Allowing the wearing of sunglasses
- Reinforcing the SunSmart message in all school activities
- Role modelling of all the 5 SunSmart strategies by staff, parents, families and visitors will be encouraged and promoted.
- The school will review its sun protection procedures regularly (at least every three years) to ensure that the information remains current and relevant.

28/10/16 Review 22/7/18