

Avoca Beach Public School

Sun Safety Policy

The following policy has been developed with reference to the DoE Sun Safety for Students Guidelines.

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.

Our school takes sun safety seriously and implements a range of strategies to support school environments that protect students from the damaging effects of the sun. Teachers, parents and carers and visitors to the school all have a role to model sun safety, for example, wearing a broad brimmed hat for school activities held outside. Encouraging children and young people to practise sun safety is a shared responsibility. Whether in the backyard or on the beach, children and young people should wear a sun safe hat and sunscreen. By practising sun safety at home, parents and caregivers support the messages taught at school about sun safety. Children and young people will come to appreciate the importance of sun protection not only during their schooling, but also throughout their life.

The goals of the Sun Safety Policy 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.
- Assists students to be responsible for their own sun protection.

Scheduling of outdoor activities

- Where possible, outdoor activities (eg. assemblies, sport and physical education lessons) will be scheduled outside peak UV times of 10:00am-2:00pm (11:00am-3:00pm daylight saving time) and activities will be planned to take place in the shade or indoor areas.
- Sun protection will be considered when planning all outdoor events (e.g. assemblies, camps, excursions and sporting events). Where possible, outdoor activities or events will occur earlier in the morning or later in the afternoon or in indoor venues.

Shade

- The school community is committed to providing shade in the school grounds, particularly in eating areas.
- The availability of shade is considered when planning excursions and all outdoor activities.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have hats are asked to play in the shade or a suitable area protected from the sun.

Hats

- Students are encouraged to wear sun safe hats that protect their face, neck and ears whenever they are outside.
- A child may be asked to sit in a shaded area and miss out on an outdoor activity if he or she does not have a hat.

Clothing

- The wearing of sun safe clothing that provides protection from the sun is encouraged and promoted.

Sunscreen

- Parents are encouraged to provide sunscreen for their child and to remind children to reapply sunscreen during the day.
- Children and staff are encouraged to wear SPF30+broad-spectrum water-resistant sunscreen to school.
- Where possible, staff will remind children to reapply sunscreen at sporting events and excursions.
- A broad spectrum and water-resistant sunscreen is located in every first aid kit for emergency use.

Curriculum

- Teachers are encouraged to include skin cancer prevention principles across all year levels.

Role modelling by staff

Staff are requested to role model good sun protection behaviours by:

- Wearing hats or carrying an umbrella when outside.
- Wearing sunglasses and protective clothing. • Applying SPF 30+ broad spectrum, water resistant sunscreen.
- Seeking shade wherever possible.



Community inclusion

- Skin cancer prevention is regularly promoted to the whole school community.
- When at school, families and visitors are encouraged to practise positive sun protection behaviours.

Reviewing dates

Last review date: 16/3/23

Next review date: 16/3/24