



SUN SMART POLICY

Policy Statement

Subiaco Primary School's SunSmart Policy is intended to provide students, staff, parents and visitors with the opportunity to protect themselves in an environment that minimises UV exposure and encourages sun safe protective behaviours.

Rationale

Australia continues to have one of the highest rates of skin cancer in the world, despite it being one of the most preventable cancers. Research has established that childhood and adolescent sun exposure is a key contributing factor to the development of skin cancer.

A UV level of 3 SED (SED is a standard measure of UV dose) is high enough to cause damage to unprotected skin in one hour of exposure, without any signs of sunburn. Sunburn is caused by receiving a high enough dosage of UV radiation in a short period of time. Sun damage is caused by exposure to lower doses of UV radiation over longer periods of time (i.e. years). People with fair skin are at particularly high risk of sun damage.

As students are at school and outdoors frequently during times when UV radiation levels are highest, schools can and should play a major role in minimising exposure to UV radiation and assisting students to develop lifelong sun protective behaviours.

Implementation

This policy is to be implemented during times when students, staff and visitors are outdoors (e.g. recess, lunch, additional outdoor class activities) and during outdoor events (e.g. weekly sports, camps, athletics and swim carnivals, etc.) when:

- The forecast daily UV radiation reaches a maximum of 3 or above
- The forecast daily UV radiation is below 3, but students, staff or visitors are expected to be in the sun for more than one hour in total during the day (regardless of whether cloud cover is present or absent), unless the measured UV is sufficiently low to avoid a dose of more than 3 SED units to students, staff and visitors during the day

UV forecast information is available daily from reliable sources, including:

- SunSmart widget on the school website
- Bureau of Meteorology
- Australian Radiation Protection and Nuclear Safety Agency (ARPANSA)
- Cancer Council WA SunSmart app

Guidelines for Sun Protection Times

The table below shows the maximum UV index that can be expected at noon on a cloudless day in Perth, by month.

This provides a guide about which months of the year the UV index is likely to reach high, very high, or extreme levels. In Perth, the maximum UV index is rarely low (i.e. below 3).

This information is intended as a general guide only and is subject to daily weather conditions.

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MONTH	PREDICTED MAXIMUM UV INDEX (PERTH)	CLASSIFICATION
January	12	Extreme
February	11	Extreme
March	10	Very high
April	7	High
May	4	Moderate
June	3	Moderate
July	3	Moderate
August	5	Moderate
September	7	High
October	9	Very high
November	10	Very high
December	12	Extreme

Source: ARPANSA: www.arpansa.gov.au/our-services/monitoring/ultraviolet-radiation-monitoring/uv-index-model

Daily weather patterns will impact when sun protection is needed.

As a result, the predicted and actual UV index should be checked daily.

Subiaco Primary School is committed to the following actions during the times this SunSmart Policy is implemented:

Information

- Inform parents of the SunSmart Policy when they enrol their children
- Inform staff of the SunSmart Policy when they commence employment at the school
- Notify staff, parents and students when the SunSmart Policy is substantially updated
- Incorporate education about sun protection into key learning areas of the school curriculum, including Health and Science.

Sun Protection

- Ensure the uniform policy and purchase options provide for sun protective items, including broad-brimmed hats, collared shirts, long-sleeved shirts and pants.
- Permit students to wear additional sun protective clothing for special events as necessary (e.g. non-uniform rashie tops or sunsuits for swimming events)
- Ensure all students have access to solid shade when outdoors and during outdoor activities
- Ensure SPF30+ sunscreen is available and accessible to all students and staff in classrooms, staff rooms, and during outdoor activities
- Facilitate sun protection education for students about sun protective clothing/hats and correct application of sunscreen (see <https://www.sunsmart.com.au/protect-your-skin>)

Outdoor Activities

- During periods where the daily UV index is expected to be very high (8 or above) or extreme (11 or above), all outdoor activities will be rescheduled and undertaken in a sun safe manner (e.g. utilising shade, reapplying sunscreen, drinking water)
- Ensure consultation with the School Board regarding shade provision considerations in plans for future buildings and school grounds

Sun Protective Behaviours

- Foster sun protective behaviours through appropriate school communications (e.g. newsletters, emails, meetings)
- Provide access to the UV index information throughout the day in classrooms, staffrooms and other approved school locations
- Display UV Index on a UV meter or on a classroom smartboard, tablet, laptop or similar
- Consider sun safety when scheduling regular and ad hoc outdoor activities, and require students to wear a broadbrimmed hat (minimum 6cm brim) at such activities
- Request that students without a broad-brimmed hat remain in shaded undercover areas during outdoor activities (i.e. under veranda or shaded area) and promote the “No hat, play in the shade” message (rather than “No hat, no play”)
- Encourage students to apply their sunscreen before school as part of their ‘getting ready for school routine’, and communicate this with students and parents.
- Encourage students to bring their own sunscreen roll-on or stick to school to reapply at recess and lunchtime,
- Teachers will remind students to apply sunscreen prior to going outdoors or attending outdoor events and ensure they have access to school-provided sunscreen or their own sunscreen.
- Provide students with sufficient time to apply sunscreen prior to going outdoors, e.g. recess, lunch or attending outdoor events (best practice is 20 minutes before sun exposure)
- Require students to wear a broad-brimmed hat and UV protective clothing while outdoors, and encourage the use of sunscreen and sunglasses.
- Require staff to wear a broad-brimmed hat while working outdoors, and encourage staff to wear sunscreen, UV protective clothing and sunglasses, so that they present a positive role model for sun protective behaviours.
- Encourage visitors to wear a broad-brimmed hat, sunscreen, UV protective clothing and sunglasses while outdoors.

Expectations for Staff, Students and Parents

- Be aware of the SunSmart Policy
- Encourage students to take responsibility for their own sun safe protection by applying sunscreen before school, reapplying at recess and lunchtime, wearing hats and sunglasses, and turning their shirt collars up
- Learn about UV levels and the appropriate times to be practising sun safe behaviours
- Act as positive role models by conducting and encouraging sun protective behaviours
- Be actively involved in initiatives to inform, implement and update this SunSmart Policy
- Participate in SunSmart Curriculum.

Expectations for Parents and Caregivers

- Be aware of Subiaco Primary School’s SunSmart Policy
- Ensure their child brings a broad-brimmed hat to school every day and to all outdoor activities and events
- Foster independence in sun protective behaviours and encourage their child to apply SPF30+ sunscreen before school
- Provide their child with their own supply of sunscreen which they can keep in their school bag
- Ensure their child has additional protective clothing when required (i.e. swim rashies, sun sleeves, sunglasses).



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Evaluation

This policy will be reviewed and updated after the first year of operation and every three years thereafter. The review process will include the following:

- A survey of students, staff and parents to determine the effectiveness of the policy and identify any issues or deficiencies that may require addressing
- A review of Cancer Council Western Australia's guidelines or sun protective behaviours, and other relevant health advice to identify any areas which require change
- A review of the provision of shade within the school to ensure it can facilitate implementation of this policy
- A review of the uniform and allowed additional sun protection to ensure students are provided with appropriate sun protection options to fit their individual circumstances
- A review of the survey results and implementation measures of the policy by selected staff members, students and school board representatives.