

Carmel Adventist College Primary



Policy: SunSmart

Rationale

Australia has the highest rate of skin cancer in the world. Research indicates that childhood sun exposure is an important contributing factor to the development of skin cancer later in life. As students are at school during times when UV radiation levels are highest, schools play a major role in creating a supportive environment that minimises exposure and encourages sun protective behaviours.

Our SunSmart policy has been adopted to ensure that all students, staff and visitors attending Carmel Adventist College Primary are protected from skin damage caused by UV radiation from the sun. This policy is to be implemented when the forecast average monthly UV Index in our area is 3 or above (available from www.bom.gov.au). The sun protection practices outlined in this policy will be applied to all outdoor school activities, including sports carnivals, excursions and camps.

Our Commitment

Carmel Adventist College Primary will:

- Inform parents of this sun protection policy.
- Brief all new staff on the sun protection policy.
- Promote sun protection via newsletters, assemblies, daily messages, whole school activities, and parent and staff meetings.
- Require students to wear broad-brimmed or bucket hats when outside.
- Direct students without a broad-brimmed or bucket hat to stay in an area that is protected from the sun.
- Encourage staff to wear broad-brimmed, legionnaire or bucket hats for all outdoor activities, including yard duty.
- Encourage parents and guests to wear broad-brimmed, legionnaire or bucket style hats when participating in and attending outdoor school activities.
- Require students to wear broad-brimmed or bucket hats, sun protective clothing and sunscreen for all outdoor camps, sports and excursions.
- Require students to wear a swim (*rash*) top for any outdoor swimming
- Ensure there is adequate provision of shade within the school grounds for students and staff, by planting trees and building shade structures. Particularly in areas where students congregate.
- Encourage staff and students to use shaded or covered areas when outside.
- Ensure that adequate shade is provided at sporting carnivals and outdoor events.
- Timetable as many outdoor activities as possible - including sport and physical education – when the UV Index is below 3. When this is not possible activities should be scheduled as far from 12 noon as possible.
- Encourage the use of SPF 30+ broad-spectrum, water-resistant sunscreen by:
 - providing sunscreen in the Admin and EC areas.

- allowing students time to apply sunscreen prior to outdoor activities e.g. prior to school, before lunch, PE lessons, sports, excursions etc.
- Incorporate sun protection and skin cancer awareness programs into the appropriate Key Learning Areas of the school curriculum.
- Review the sun protection policy bi-annually.

Our Expectations

Parents/carers will:

- Provide a SunSmart School hat for your child/children.
- Ensure that your child/children apply SPF 30+ broad-spectrum, water-resistant sunscreen 20 minutes before leaving for school.
- Ensure that your child/children's clothing provides adequate protection from UV radiation. Cancer Council WA recommends the following:
 - collars and sleeves
 - closely woven fabric
 - natural fibre
 - rash vest or shirts for swimming.
- Act as positive role models by practising SunSmart behaviour.
- Support the school's SunSmart policy and help design and regularly update the policy.

Students will:

- Be aware of the school's SunSmart policy.
- Take responsibility for their health by being SunSmart.
- Comply with SunSmart rules and guidelines by wearing suitable hats and clothing.
- Apply SPF30+ broad-spectrum, water-resistant sunscreen before going outdoors.
- Use shaded or covered areas outdoors whenever possible.
- Act as positive role models for other students in all aspects of SunSmart behaviour.

Evaluation

School Council will review the effectiveness of this policy every 3 years and make any necessary changes.

They will:

1. Review the SunSmart behaviour of students, staff, parents, and visitors and make recommendations for improvement.
2. Assess shade provision and usage and make recommendations for increases in shade provision.
3. Update and promote curriculum material relevant to SunSmart activities.