



Kariong Public School
VIEW TO THE FUTURE

Kariong Public School

Sun Safe Policy

Updated October 2017

Purpose

The Sun Safe policy provides guidelines to:

- ensure all students and staff are protected from over-exposure to UV radiation;
- ensure the outdoor environment provides shade for students and staff;
- ensure students are encouraged and supported to develop independent sun protection skills to help them be responsible for their own sun protection;
- support duty of care requirements; and
- support appropriate WHS strategies to minimise UV risk and associated harms for staff and visitors.

Background

Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later life.

Related Policies and information

[DoE Sun Safety for students](#)

[DoE Excursion Policy](#)

[Sport Safety Guidelines](#)

[School Uniform Policy](#)

[Student Health in NSW Public Schools: A summary and consolidation of policy](#)

[Cancer Council Sun smart](#)

Implementation Strategies for Skin Protection

The purpose of this policy is to ensure that all students attending our school are protected, throughout the year, from skin damage caused by the harmful ultraviolet rays of the sun.

Our school is committed to:-

Scheduling outdoor activities at appropriate times

- Teachers, where possible, will schedule outdoor activities (assemblies, sport, PE, etc) outside peak UV times of 10am – 2pm (11am – 3pm daylight saving time).
- Review timetables to minimise outdoor activity during peak ultraviolet radiation times or use indoor venues where possible
- Considering all sun protection measures when planning outdoor activities and excursions.

Providing Shade

- Providing shade (trees, built and portable shade structures etc) in areas where students gather – such as eating, outdoor teaching and popular play areas.
- Encouraging students to use the shade available when outside.
- Considering the availability of shade when planning all outdoor activities and excursions.
- Our annual swimming carnival is held at an indoor venue.

Hats that satisfy Cancer Council guidelines

- Encouraging students to wear sun-safe hats that protect the face, neck and ears when outside. Our school hat is a broad brimmed hat.
- Ensuring students who do not have a sun-safe hat play in the shade or a suitable area protected from the sun. School policy is 'no hat, play in the shade'.

Sun-safe Clothing

- Sun-safe clothing is part of our school and sports uniforms. This includes shirts with collars or covered necklines, sleeves, longer style dresses and shorts, and rash vests or t-shirts for outdoor swimming.
- Encouraging Sun-safe clothing on excursions, camp and mufti days.

Sunscreen

- Where possible, SPF 30+ broad-spectrum water-resistant sunscreen is available for staff and students.
- Encouraging the use of sunscreen.
- Applying sunscreen, where possible, at least 20 minutes before going outdoors. Teachers reminding students in their class to do this daily.
- Encouraging students and teachers to reapply sunscreen every 2 hours when outdoors for extended periods particularly at events such as Athletics and Cross Country Carnivals.

Role modelling of staff

- Asking staff to role model good sun protection behaviours when outside. This includes:

- Wearing sun-safe hats, clothing and sunglasses.
- Applying SPF 30+ broad-spectrum water-resistant sunscreen.
- Seeking shade, where possible.

Curriculum

- The school scope & sequence for PD/Health/PE includes teaching about the need for sun safety across all year levels.
- A PBL Responsibility Sun Safe lesson will be implemented across all classes K-6 during Term 1.

Informing the school community

- Regularly promoting Sun protection information to the school community through newsletters, Facebook, parent/ teacher meetings, staff meetings, school assemblies and on student enrolment.
- Encouraging families and visitors to use a combination of sun protection measures (sun-safe hats, clothing, sunglasses and SPF 30+ broad spectrum water-resistant sunscreen) when attending or participating in outdoor activities.

Review

- Regularly monitor and review the effectiveness of the Sun Safe Policy.