

# GUMERACHA PRIMARY SCHOOL

## SUN SMART POLICY

Revised 29/7/10

Skin damage, including skin cancer, is the result of cumulative exposure to the sun's ultraviolet radiation (UVR). Much of the damage occurs during childhood and adolescence. Australia has the highest incidence of skin cancer in the world. As a school we will encourage all members of the school community to use effective skin protection measures by the implementation of a Sun Smart Policy. Current research has shown, however, that

### Implementation

The schools sun smart policy is in place all year round.

### School

- Classroom programs will reflect teaching and learning about the effects of sun exposure and the prevention of damage.
- A hot weather policy will be run which ensures that students are not exposed to extremely hot weather during play times. This policy states that if the temperature is 38 C or above students will remain inside supervised by teachers. On hot days teachers will use shaded areas for outdoor activities and ensure students wear appropriate hats. Students without a hat must stay indoors or under pergola areas.
- On hot days students are encouraged to cover up and drink water regularly.
- In the event of extreme weather conditions/UVR we will endeavour to reschedule outdoor activities. Eg school assemblies are held at 9.15am.
- The Sports Day will be held at the end of term 1 when it is cooler.
- The school will positively reinforce the Sun Smart Policy on a regular basis.
- In cases where students genuinely cannot access a hat the school will provide one as a Social Justice measure.

- Staff will model sun protection practices.

### Students

- A broad brimmed hat with a brim of at least 7 cms or legionnaire style hat is compulsory. Hats are sold as part of the school uniform at a reasonable cost.
- A sleeved, collared shirt must be worn - no sleeveless or collarless t-shirts.
- Students must wear a broad brimmed or legionnaire style hat at all times whenever they are outside in Terms 1 and 4, and from the beginning of September in Term 3. They are also required during prolonged exposure -eg. sports lessons and on outdoor excursions, during Terms 2 and 3.
- We enforce ***No hat, sit in sheltered areas*** at recess and lunchtime. Students are encouraged to use the available areas of shade for outdoor play.
- Recommended sunscreen should be SPF 30+ broad spectrum, water resistant and it is encouraged that students regularly reapply 15 - 20 minutes before going outside. In the event of outdoor/sport/water activities sunscreen should be reapplied around every 2 hours.

### The School Community

- Staff members are required to wear hats. The school community is encouraged to wear appropriate clothing and hats whenever the need arises, for example during outdoor excursions, sports lessons, during recess and lunch play, outdoor assemblies.
- Parents and caregivers are encouraged to support this policy by wearing suitable clothing and headwear at school functions such as Sports Day.

This policy will be regularly reviewed to ensure that it remains accurate and relevant to Gumeracha Primary School and in line with current Cancer Council recommendations.