

SUN PROTECTION PROCEDURE

Many of us are aware of the damage overexposure from ultraviolet (UV) radiation causes. Research shows that at least 2 out of 3 Australians are diagnosed with skin cancer by the age of 70, and melanoma is the most common cancer in Australians aged 12-24. A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure in the first 10 years of life is a major factor in determining future skin cancer risk.

Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. Sensible sun protection when the UV is 3 and above does not put people at risk of Vitamin D deficiency.

Therefore at Kadina Memorial School we aim to promote:-

- Positive attitudes towards skin protection.
- Lifestyle practices which can help reduce the incidence of skin damage.
- Personal responsibility for, and decision making about, skin protection.
- An awareness of the importance of environmental conditions in our school with the aim of reducing the level of UV exposure to children and staff.
- Therefore a 'no hat, no play' operates in the school from the start of Week 6, term 3 to the end of Week 5, Term 2.

Sunscreen

- All care groups will be supplied with a 1 litre tub, to be replaced as required, in addition to a supply for excursions/PE/Ag/Outdoor Ed.
- If student are unable to use supplied sunscreen then families will need to supply wearable brand.
- Strategies are enacted to remind students to apply sunscreen 20 minutes before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies) Week 6, term 3 to the end of Week 5, Term 2.
- Some discretion may be made by the teacher in wet weather.
- Families are encouraged to apply sunscreen before students come to school.

Student Clothing

- Kadina Memorial School recommends the wearing of clothing made of close-weave material with longer sleeves and collars. Tank tops, singlets, capped sleeves, etc. are not permitted to be worn at school or excursions/camps, due to the amount of skin exposed to UVR.
- Rash vests or t-shirts are to be worn at all times during outdoor swimming. These items should be listed on the parent's permission form.
- Students are encouraged to wear close fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible when practical.
- Visitors / Volunteers to the school are also encouraged to support our Sun Protection Policy.

Hats

- A 'no hat, no play' policy operates in the school Week 6, term 3 to the end of Week 5, Term 2.
- All students from Week 6, term 3 to the end of Week 5, Term 2 are required to wear a school approved navy hat to protect their face, neck and ears, i.e. legionnaire, broad-brimmed or bucket hats, whenever they are outside. Baseball or peak caps are not permitted at school.
- Students who do not have appropriate hats are required/directed to move into the shade or a suitable area protected from the sun.
- On days of extreme weather conditions or when UV level and heat is extreme, Kadina Memorial School adverse weather policy will be applied at the discretion of the executive management.

The School's Role

- Appropriate sun protection behaviour will be modelled by teachers to reinforce the policy such as: wearing a broad brim hat when in the yard; wearing SunSmart clothing so that shoulders are covered; shorts are to be mid-thigh in length and putting on sunscreen at least 20 minutes before going out and to reapply every 2 hours if they will be out for an extended period.
- Teachers are encouraged to maximise the use of rooms with air-conditioning on hot days.
- Staff will access and monitor daily UV levels via Daymap located on the Intranet.
- Outdoor activities on very hot days should be, when possible, appropriately modified.
- During outdoor carnivals e.g. sports day, interschool competitions, excursions etc., students and staff should adequately protect themselves from the sun.
- Students should be provided with shade protection at outside events at school where possible and practical.
- Information regarding protective clothing and the use of sunscreen should be included on consent forms for excursions/camps.
- The School's Grounds Committee should continue to provide adequate shade by planting appropriate trees and/or provide shelters.
- The School will incorporate in the school curriculum appropriate educational programs which focus on skin cancer protection.

The Parent's Role

- Families should be provided with information pertaining to good skin protection practices via the newsletter/social media and are encouraged to accept responsibility for providing protective clothing and sunscreens for their children during school hours and particularly during lunch and recess breaks.

Supporting Documents: to be added.

- R-6 play area PowerPoint