

WOOLOOWARE PUBLIC SCHOOL

A community school providing learning for life in a caring environment



SunSmart - Sun Protection Plan

Review Date: 8th March 2011

Rationale

Ultraviolet (UV) radiation from the sun can cause sunburn, skin damage, eye damage, and skin cancer. Australia has the highest incidence of skin cancer in the world, with two in three Australians developing some form of skin cancer during their lifetime.

Overexposure to the sun during childhood and adolescence is known to be a major cause of skin cancer. Most skin damage and skin cancer is therefore preventable.

Exposure to UV is particularly high in the Sutherland Shire due to our beachside location and outdoor lifestyle. UV radiation comes both from direct sunlight and 'skylight' as it is scattered in the atmosphere. UV radiation is also reflected from surrounding surfaces such as water, sand, bare earth and hard surface sports playing areas. High levels of radiation are received in unshaded open areas such as ovals and asphalt, even on cloudy days.

Research indicates that childhood and adolescent sun exposure is an important contributing factor to the development of skin cancer. As students are at school during times when UV radiation levels are highest, schools play a major role in minimising student's UV exposure.

Our sun protection policy has been adopted to ensure that all staff and students attending Woollooware Public School are protected from skin damage caused by UV radiation from the sun. The sun protection practices outlined in this policy will be applied to all school activities, including sports carnivals, excursions and camps. This policy applies to all staff and students of Woollooware Public School. The policy is to be reviewed regularly in consultation with the SunSmart Committee and the school community.

At Woollooware Public School we believe that the importance of correct sun protection is to be educated, encouraged and enforced.

Woollooware Public School also understands that for some outdoor activities such as football and softball it is difficult to enforce the wearing of correct sun protection hats. In these instances the wearing of broad-brimmed or legionnaire hats may be reviewed in consultation with the SunSmart Committee. We will however always strive for the most suitable sun protection for staff and students.

The goals of the sun protection plan are to:

- Increase student, staff and community awareness about skin cancer and sun protection.
- Encourage the entire school community to use a combination of sun protection measures whenever UV Index levels are 3 and above.
- Work towards a safe school environment that provides shade for students, staff and the school community.
- Assist students and staff to be responsible for their own sun protection.

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Duty of Care

The Woollooware Public School Community needs to ensure that they take reasonable steps, through sun protection measures, to prevent or minimise the likelihood of sustaining damage due to exposure to ultraviolet radiation.

Woollooware Public School acknowledges the need to educate students, parents and the community about SunSmart behaviour, thus reducing the risk of skin damage from exposure to the sun.

Our sun protection plan is:

The sun protection plan is to be implemented all year with a combination of sun protection measures used when the UV Index levels are 3 and above. (*status: in place*)

Particular care is needed from the beginning of August until the end of May during the peak UV times of 10am to 2pm (11 am to 3 pm daylight saving time)

1. Scheduling outdoor activities

- Where possible, we will schedule outdoor activities (e.g. assemblies, sport and physical education lessons) outside peak UV times of 10am – 3pm and plan activities to take place in the shade or indoor areas. status
in place
- We will consider sun protection when planning all outdoor events e.g. assemblies, camps, excursions, and sporting events. Where possible, we have outdoor activities or events earlier in the morning or later in the afternoon, or we try using indoor venues. in place

Key Initiatives:

- **Until Woollooware Public school has a suitable covered area for assemblies, continuous monitoring of weather conditions and location of assembly is required.** in place
- **Review location of assembly at completion of current building works.** to be implemented

2. Shade

- The school community is committed to providing shade in the school grounds particularly in areas where students congregate e.g. canteen, outdoor lesson areas, and popular play areas. in place
- We will consult with the school community about future plans for shade. in place
- The availability of shade is considered when planning excursions and all other outdoor activities. in place
- Students are encouraged to use available areas of shade when outside. to be implemented
- Students without SunSmart hats must play in the shade or a suitable area protected from the sun. to be implemented

Key Initiatives:

- **Conduct a Shade Audit.** to be implemented
- **Attract students to shaded areas by locating active and passive activities in shaded areas.** to be implemented
- **Investigate current access to presently unavailable shaded areas.** to be implemented
- **Assess the need for additional shade and provide where required.** to be implemented
- **Where possible clear small shrubs which are located below existing larger trees and provide additional seating in these areas.** to be implemented
- **Nominate for a Covered Outdoor Learning Area in the next round of DET Major Works Funding.** to be implemented

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3. Hats

- Students are required to wear SunSmart hats that protect their face, neck and ears, eg legionnaire, broad brimmed or bucket hats, whenever they are outside.

status

to be implemented

Key Initiatives:

- **Consult with the P&C and school community to change the school uniform to allow only SunSmart hats throughout the school.**
- **Encourage parents, staff and the school community to wear SunSmart hats in the school grounds.**

to be implemented

to be implemented

4. Clothing

- SunSmart clothing is included in our school uniform and sports uniform. This will include shirts with collars (or covered necklines) and sleeves, longer style dresses and shorts, rash vests or t-shirts for outdoor swimming.

in place

Key Initiatives:

- **Review as necessary current uniform to identify any possible inadequacies or improvements.**

to be reviewed

5. Sunscreen

- SPF 30+ broad-spectrum water-resistant sunscreen is available for all staff.
- On extended outdoor events students will be encouraged to apply sunscreen every 2 hours.

in place

in place

Key Initiatives:

- **Parents reminded to apply sunscreen to students before school, which will provide protection through to the end of recess.**
- **Staff are to remind students who have no sunscreen on, to apply sunscreen before recess and remind all students to apply sunscreen before lunch**

to be implemented

to be implemented

6. Role modelling of staff

Staff will be requested to role model good sun protection behaviours by:

- Wearing SunSmart hats, clothing and sunglasses when outside.
- Applying SPF 30+ broad-spectrum water-resistant sunscreen.
- Seeking shade whenever possible.

to be implemented

in place

in place

7. Curriculum

- Teachers include sun protection principles in teaching programs across all year levels.

in place

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8. Information to the school community

status

- Sun protection information is regularly promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies and on student enrolment.
- Families and visitors are encouraged to use a combination of sun protection measures (SunSmart clothing and hats, sunscreen and sunglasses) when participating in and attending outdoor activities.

to be implemented

to be implemented

Key Initiatives:

- **Sun protection information communicated to parents through: newsletters, excursion notes, meetings, noticeboards, website, assemblies etc.**
- **Families requested to wear SunSmart hats and clothing when at school activities**
- **Sun protection plan is issued to all students, staff and parents**

to be implemented

to be implemented

to be implemented

9. Sunglasses

- Consideration will be given to staff and students wearing close fitting, wrap around sunglasses that cover as much of the eye area as possible and meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4).

10. Review

- School parent body, staff and students will regularly monitor and review the effectiveness of the sun protection plan at least once every three years.

Key Initiatives:

- **Initial review of Sun Protection Plan 21st February 2011.**
- **Sun Protection Plan reviewed annually.**

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Key Dates

Initial Review of Sun Protection Plan 21st February 2011

Approval of Sun Protection Plan

Annual Review of Sun Protection Plan

SunSmart Committee

Parent / Community Representative:

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School Principal:

Megan Kelly

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School's Preferred SunSmart Contact:

Julie Simpson

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