



ELIZABETH EAST PRIMARY SCHOOL

SunSmart Policy



Government of South Australia

Department for Education and
Child Development

Rationale: Elizabeth East Primary School is a SunSmart School. To achieve the vision of beating cancer, Cancer Council SA's SunSmart Program aims to reduce the risk of skin cancer by protecting people from harmful levels of Ultraviolet (UV) radiation.

Australia has one of the highest incidences of skin cancer in the world with two in three people developing some form of skin cancer before the age of 70. UV radiation from the sun causes skin damage. UV radiation cannot be seen or felt but is determined by the angle of the sun to the Earth's surface. UV radiation levels peak over the middle of the day when the sun is directly overhead. UV radiation levels can be extreme on a day of 21°C or a day of 40°C, depending on the time of year. A UV radiation level of 3 is high enough to cause skin damage to unprotected skin therefore it is important to protect skin when the UV radiation level is 3 and above. The higher the UV radiation level—the greater the potential for damage to skin. Nearly all skin cancer is the result of overexposure to the sun, with childhood and adolescent exposure being a major cause.

Aim: To

- increase the school community's awareness of skin cancer and the importance of skin protection
- increase the school community's awareness of the importance of a healthy balance between UV exposure and UV protection
- encourage the use of a combination of sun protection strategies which will lower the risk of skin damage and skin cancer
- encourage children's personal responsibility for and decision making about skin protection
- increase awareness of the need for environmental changes in our school to reduce the level of exposure to the sun.

IMPLEMENTATION

Hot weather:

When the temperature at Elizabeth is **36+ Degrees the inclement weather policy** will apply which means inside play.

When the temperature at Elizabeth is **34- 36 Degrees there will be modified play** which means no ball games or running.

No Hat, No Play: This rule applies even under shaded areas. If a student does not have a hat then they are to remain seated under the veranda near the library or under the veranda in the Junior Primary area. Hats must be broad-brimmed or legionnaires style hats.

Outdoor Activities: Care will be taken during the peak UV radiation times and outdoor activities are scheduled outside of these times where possible. Consideration will be given to sports day and other outdoor events to be held at twilight or during second and third terms where practical.

Skin protection: The use of SPF 30+ broad spectrum sunscreen is actively encouraged, with time for application of sunscreen allowed. Sunscreen will be available in classrooms and parents will be made aware of the brand and information regarding the sunscreen.

Curriculum: Programs on skin cancer prevention are included in the curriculum.

Community Education: SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters and assemblies.

Staff: All school staff will model SunSmart practices and wear a broad-brimmed hat, appropriate clothing and try to ensure outdoor activities are held in the morning.

The environment: The school will continue to develop and maintain its shaded areas such as trees, verandas and covered areas.