



Woonona East Public School

Sun Protection Policy

Rationale

Australia has the highest incidence of skin cancer in the world.

There are five major factors in Australia which contribute to these statistics:

- a large proportion of the population has fair skin.
- ultraviolet radiation (UVR) from the sun is of high intensity.
- lifestyle, work, school and recreational practices may expose Australians to the sun frequently and for long periods.
- a suntan has often been viewed as healthy and attractive.
- exposure of the skin to the sun is common during peak UVR times.

Aims

To promote, among children, staff and parents:

- positive attitudes towards skin protection
- lifestyle practices which help reduce the incidence of skin cancer and the number of related deaths
- personal responsibility for and decision making about preventing skin cancer.

Implementation Strategies

General

- As part of protective wear, and especially for sport, children will wear hats with brims which protect the face, necks and ears whenever they are outside – before school, recess and lunch, sport and fitness sessions, outdoor excursions and activities.
- A No Hat Play Under the COLA strategy will be implemented.
- Children will be encouraged to use shaded areas for outside games and activities.
- Where possible, outside sport and fitness activities will be held at times that avoid the peak periods of UVR exposure (between 10am and 2 pm Eastern Standard Time and 11 am to 3 pm during daylight saving).

The school will:

- ensure that hats are part of the school uniform and that, where possible, adequate shade is available for outdoor and sporting events.
- ensure that uniforms are protective with collars and longer sleeves.
- encourage staff and volunteers to wear protective clothing when outdoors including hats or sunshades.
- encourage greater use of the COLA and improve shade areas of the playground within the context of future grounds improvements.
- encourage students to use 30+ broad spectrum, water resistant sun screen.
- provide opportunities for children to take responsibility for wearing sun safe clothing and applying sun screen.
- limit exposure to the sun through timetable changes where possible.

- incorporate learning activities about sun protection and skin cancer prevention in PDHPE teaching and learning tasks. See *NSW Board of Studies K-6 PDHPE Syllabus* – Personal Health Choices Strand – Preventive Measures.
- communicate information about sun safe matters through the newsletter and through parent meetings and other school activities.
- encourage students and staff to drink frequent amounts of fluid on hot days (see WEPS Hydration Policy).
- encourage parents to be effective role models by practicing sun safe education measures themselves, especially when attending school activities that are held outdoors.

Reference:

***Protection From The Sun.* NSW Department of School Education Student Welfare Directorate 1997**