



LAKE WINDEMERE
B-7 SCHOOL
The nature of learning.

Sun Smart Policy



Government of South Australia
Department for Education

DOCUMENT CONTROL

Managed by:
Principal

Approved by: Governing Council

B-7 Leadership Team

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Rationale

Lake Windemere B-7 School is a Sun Smart school. We acknowledge that too much UV radiation can cause sunburn, skin damage, eye damage and skin cancer. Australia has one of the highest rates of skin cancer in the world. Overexposure to UV during childhood and adolescence is a major cause of skin cancer. We also acknowledge that too little sun can lead to low vitamin D levels that are needed to regulate calcium levels in the blood. Vitamin D is necessary for the development of healthy teeth, bones and muscles. We need to ensure a healthy balance between UV exposure and UV protection. We acknowledge that skin should be protected when the UV level is 3 and above, that is from the beginning of August to the end of April and at any time that the UV reaches 3 and above. During term 2 sun protection is not needed when the UV level is below 3 to support vitamin D maintenance.

Purpose

To increase the school's community awareness of skin cancer and the importance of skin protection.
To increase the school's community awareness of the importance of a healthy balance between UV exposure and UV protection.
To encourage the use of a combination of 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.

Action **Skin protection is everyone's business!**

- The Skin Protection Policy is in place during terms 1, 3 and 4 and whenever the ultra violet radiation level is 3 and above at other times.
- During May the UV is monitored and sun protection implemented when the UV is 3 or above.
- All students and staff use a combination of sun protection strategies including the wearing of a broad rimmed/bucket hat that gives good cover to the face, neck and ears whenever they are outside during these times. Any students who do not have a suitable hat or clothing must remain in a shaded area to play.
- All students wear sun protective clothing which is the Lake Windemere school uniform- t-shirt with a collar, elbow length sleeves and a high neckline, shorts are the longer style. Rash vests/t-shirts are worn at swimming.
- Staff, parents and other visitors for Work Health and Safety and role modelling for students by wearing sun protective clothing, hats and sunscreen and using shade areas as poor as possible when outdoors.
- All outdoor activities including Sports Days, carnivals and excursions are planned for early morning, later in the afternoon or at an indoor venue when the UV is level 3 and above if possible.
- All students are encouraged to play in shaded areas as much as possible during Terms 1, 3 and 4 - we have existing shade cloth sails and many shaded play areas.
- All students have access to SPF 30 or higher broad spectrum, water resistant sunscreen supplied by the school. Sunscreen is applied 20 minutes before going outdoors and re-applying every 2 hours when outdoors when the UV is 3 and above or more often after swimming, towel drying or perspiring.

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| | <ul style="list-style-type: none">• Reinforcing the Sun Smart message in newsletters from, School assemblies, school website and in health/PE lessons B-7, which focus on sun protection education from Term 4• Sun protection and vitamin D messages are included in the curriculum for all year levels• All students eat lunch indoors throughout the year.• Where possible outdoor activities are scheduled outside the peak UV times of the day or are conducted in shade areas where possible• The availability of shade is considered when planning outdoor activities and events |
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Relevant resources

Sun protection times: The sun protection times show when the UV is forecast to be 3 and above. They can be accessed via the free SunSmart app, the free widget to place on your website (download via www.cancersa.org.au/sunsmart-apps), in the weather section of the newspaper or the Bureau of Meteorology website www.bom.gov.au/sa/uv.

Creating effective shade: This online shade audit tool allows you to assess whether your existing shade is adequate. It also helps you develop a list of practical recommendations to improve both built and natural shade. Visit www.sunsmart.com.au/shade-audit.

Generation SunSmart: Fun and interactive online sun protection modules for teachers, school nurses and year 6-9 students. Visit www.generationsunsmart.com.au.

SunSmart millionaire: How SunSmart are you? An innovative online game-based resource for children aged 9-13 years that promotes the science behind the SunSmart message. Visit: <http://lrrpublic.cli.det.nsw.edu.au/lrrSecure/Sites/Web/sunsmart/>.