

EARLY LEARNING CENTRE

SUNSMART POLICY (ELC)



Rationale

Over exposure to the sun presents a serious health risk. Students must be educated as to the need for suitable sun protection, and protected from over exposure to the sun whilst at school/preschool.

Australia has the highest incidence of skin cancer in the world, with two out of three people developing some form of skin cancer in their lifetime.

There are four factors, often occurring simultaneously, which contribute to these statistics:

1. The population is predominantly fair skinned.
2. Ultraviolet light from the sun is of sufficient intensity to induce skin cancer in this susceptible population.
3. For most of the century, social values have supported the belief that a suntan is healthy and attractive.
4. Lifestyle, work, school, preschool and recreational habits expose people to the sun for long periods.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Much of the damage occurs during childhood and adolescence. Research suggests that severe sunburn is a contributor to skin cancer and other forms of skin damage such as wrinkles, sunspots, blemishes and premature ageing. Most skin cancer and skin damage, is therefore, preventable.

Schools and Preschools are ideally placed to help reduce the incidence of skin cancer and the number of related deaths by encouraging all members of the school community to use effective skin protection measures.

Aims

The aims of the Navigator College Sunsmart Policy is to promote among students, staff and parents:

- Positive attitudes toward skin protection.
- Ensure all children, educators and staff have some UV exposure for vitamin D.
- Ensure all children, educators and staff are well protected from too much UV exposure by using a combination of sun protection measures whenever the UV levels reach 3 and above.
- Ensure the outdoor environment is sun safe and provides shade for children, educators and staff.
- Students, parents, teacher and staff to wear protective clothing, hats and sunscreen during high-risk times such as lunch times, sports, camps and excursions.
- Support appropriate WHS strategies to minimise UV risk and associated harms for educators, staff and visitors.

Implementation

This policy is for implementation throughout the whole school year.

The purpose of the policy is to ensure that all members of the school community are protected from skin damage caused by the harmful ultraviolet rays from the sun.

All members of the school community will be strongly encouraged to use the following skin protection strategies:

- Regular application of SPF 30+ sunscreen before school/preschool and throughout the day.
- Make sunscreen available to all classes.
- Avoid whenever possible being in direct sun between the hours of 10am and 2pm on days forecast over 35 degrees celcius (11am and 3pm during daylight saving time), particularly during the months of September to April when the UV radiation levels are three and above.
- Where possible, school assemblies and whole school gatherings will take place in the shaded areas.
- Staff members will exercise due caution with regard to organising outdoor events on high temperature forecasted days.
- Use the shade of trees, pergolas, umbrellas and tents whenever possible.
- Wear appropriate clothing which protects the skin with shoulders, upperarm and body covered.

- The school endorses the wearing of appropriately rated sunglasses.

Students, staff and parents will be expected to wear a suitable hat, e.g. a hat that gives good protection to the face, ears and back of the neck, such as a broad brimmed style, or a bucket hat with a deep crown and brim of 6cms, whenever involved in school activities held outside in the sun. Students not wearing a hat will be moved to a shaded area of the school/preschool.

“During May to August in South Australia, skin protection is not necessary for most people as UV radiation levels generally fall below three. On a normal school day from May to August, where students are outside for relatively short periods of time - ie recess and lunch - the chances of skin damage from the sun for most people is low.” (Cancer Council of SA) Care should still be taken during these times therefore hats need to be worn outside at all times. The Early Learning Centre staff and students wear hats all year round.

- Sunscreen with an SPF 30+ broad spectrum, water resistant will be offered to students to apply to clean, dry skin, 10 - 15 minutes before going outdoors. Sunscreen will be given to reapply every two hours if outdoors for a prolonged period of time, or more frequently if swimming or perspiring.
- Students will be provided with sunscreen in each room.
- From September through to April, students will be encouraged to apply sunscreen if they are involved in outdoor activities. Adequate time must be allowed for students to do this.
- Reinforcing the Sunsmart message about the danger of UV exposure in classroom activities and in general school/centre procedures are important strategies in the adoption of the skin protection behaviours.
- Educators and children are encouraged to access the daily local sun protection times at sunsmart.com.au or on the free SunSmart app to assist with the implementation of this policy.
- Children will be encouraged to choose and use available areas of shade when outside.

- Children who do not have appropriate hats or outdoor clothing are asked to choose shady play spaces or a suitable area protected from the sun.
- Staff will be encouraged to role model appropriate Sunsmart strategies in all school activities.
- Staff will be kept up to date with information and resources through The Cancer Council South Australia "Cancer Prevention and Education Primary/Secondary Schools Newsletter", and by regular contact with the ACF Resource Centre.
- When enrolling their child, families will be informed of the services *SunSmart Policy* and receive information throughout the year through newsletters, notice boards or service website/blog.
- School Council will implement a program of planting and protecting shade trees on our play areas, outside classrooms and around the buildings.

Relevant Legislation

- The Education and Care Services National Regulations 2011: 100, 113, 114, 168 (2)(a)(ii)
- Education and Care Services National Law Act 2010: Section 167
- Occupational Health and Safety Act 2014

Links to the National Quality Standard

- 2.1 Each child's health is promoted.
- 2.1.1 Each child's health needs are supported.
- 2.3.2 Every reasonable precaution is taken to protect children from harm or any hazard likely to cause injury.
- 7.3.5 Service practices are based on effectively documented policies and procedures that are available at the service and reviewed regularly.

Resources

- The Cancer Council SA
- National Quality Standards (NQS)
- National Early Years Learning Framework (EYLF)

- Safe Work Australia: Guidance Note for the protection of workers from the UV radiation in sunlight (2008)

Evaluation

Management, educators and staff monitor and review the effectiveness of the SunSmart policy and revise the policy when required (at least once every three years).

This Policy was created in May 2015.

Policy Reviewed: _____

Next Review: _____