

SUN SAFETY POLICY

While skin cancer is generally an older person's disease, it is recognised that a lot of skin damage leading to the development of skin cancer occurs during childhood. To counter this problem, sun exposure would be reduced particularly during childhood. Whilst staying out of the sun is totally impractical it is possible to use a variety of protection methods such as:

- ❖ Wearing a wide brimmed hat
- ❖ Wearing protective clothing and sunglasses
- ❖ Remaining in the shade
- ❖ Applying an appropriate sunscreen

Following is the sun safety policy that has been developed at this school in an endeavour to minimise children's exposure to the sun while at school. It should also equip children with the knowledge and skills to protect themselves from sun outside the school environment.

The school will pursue available avenues to ensure the school community supports the Sun Safe Policy.

GENERAL RULES:

- **No wide brimmed hat - NO PLAY.** (If children do not have wide brimmed hats at lunch times they must stay under the buildings or go to the library).
- Children must wear wide brimmed hats for the following school activities:
 - Assembly
 - Physical Education lessons (obviously there will be occasions where children will need to remove hats to perform certain activities). Children without wide brimmed hats should not be permitted to participate in outside activities.
 - Sport training activities.
 - Interschool and intra-school sporting activities
 - Moving from the classroom to other school areas for activities.
 - Excursions

It is desired that children form the habit of putting on a wide brimmed hat when going into the sun.

The school will supply sunscreen cream to each class. (15+ broad spectrum sunscreen cream)

TEACHER ACTIVITIES:

- Teachers should promote the importance of sun protection strategies and act as a role model for students by wearing a wide brimmed hat and applying sunscreen at the appropriate times.
- Teachers should periodically have a class lesson on sun protection, emphasising strategies such as, wearing wide brimmed hats, applying sunscreens and wearing sunglasses. Information about solar radiation and its harmful consequences, should also be dealt with. Teachers should make use of the resources located in the resource centre.
- Teachers must ensure that during excursions, particularly outdoor ones, adequate precautions are taken to see that children are protected from the sun.
- Teachers should encourage and remind children to wear wide brimmed hats and apply sunscreen as they are leaving the room for lunch breaks and sporting events.