

## Parramatta North Public School Protection from the Sun Policy

### Rationale

The increasing occurrence of skin cancer in Australia is a matter of concern for the whole community. Skin cancer and related skin damage are the result of frequent and unprotected exposure to the sun. Much of the sun exposure that causes later skin damage occurs during childhood.

Parramatta North Public school has a responsibility to provide a safe environment for students and staff and this responsibility includes the provision of adequate protection from the sun throughout the school year. Effective school action and preventative education programs will ensure that our school policy makes a significant contribution to community efforts to reduce skin cancer and related skin damage.

### Planning for sun protection

At Parramatta North Public School we provide a range of effective programs and strategies for sun protection including:

- effective teaching and learning about the need for sun protection at all times, not just during school hours
- strategies are in place to increase the understanding of staff and other school community members about issues relating to effective strategies for skin protection, eg. newsletter reminders, school assemblies, school rules
- promotion of sun protection as a health and safety issue rather as a matter of school discipline
- positive role modelling by staff and all members of the school community
- protection from UVR for all outdoor activities (including physical education, carnivals, excursions and sport) Where possible, outdoor activities will be scheduled outside peak UV times. Peak UV times are 10am - 2pm between April and September, and 11am - 3pm between October and March.
- The use of shade is promoted and encouraged when students are outdoors, particularly when UV index levels reach 3 and above. In extreme weather conditions, students remain indoors and utilise the extreme weather activity kit. In warm weather, students are encouraged to play under the COLA, attend the library. Stage 3 students are able to play on the covered verandah. The school has created an outdoor learning area with plenty of shade provided by trees. Planning is in place for creating additional shade areas in the playground and on the basketball court. Fundraising is targeted to these projects.
- The wearing of sun-safe clothing that provides protection from the sun is encouraged. For example, shirts with collars and sleeves, and longer style dresses and shorts.
- the wearing of sunglasses is encouraged in those situations where glare and reflected radiance are high

#### ***Students will be encouraged to protect their skin/eyes by:***

- reducing their exposure to the sun wherever possible.
- wearing broad-brimmed hats which provide adequate protection to the face, neck and ears
- wearing sunglasses (recommended by the Cancer Council NSW)
- wearing suitable clothing to protect from the sun. For example, shirts with collars and sleeves, and longer style dresses and shorts.
- participating in sun protection activities
- Use of sunscreen is encouraged and promoted and must be SPF30+ broad-spectrum water-resistant.
- parents are asked to provide students with sunscreen especially on excursion and sporting activities and carnivals where exposure to the sun may increase

#### ***As a result of the school's planning for sun protection:***

- students will understand why sun protection is important and will take effective action to protect themselves
- parents, staff and the other school community members will understand the risks of sun exposure and will support the school's sun protection plan throughout the year.

### Evaluation:

This policy will be reviewed as part of the school's three-year review cycle and resubmitted to the Cancer Council NSW every three years.