



SOMERSET CRESCENT SCHOOL SUN PROTECTION POLICY

RATIONALE:

Excessive exposure to ultraviolet radiation (UVR) from the sun causes sunburn, skin damage and increases the risk of skin cancer. Somerset Crescent School promotes awareness of the need for students to protect themselves from the harmful rays of the sun

PURPOSE:

To educate students, staff and the community of the dangers of exposure to the sun's rays and the consequent effects on health

GUIDELINES:

As part of general SunSmart strategies, during Terms 1 and 4, between 10 am and 4 pm, our school will:

Behaviour

- Require children to wear broad-brimmed school hats (min 7.5 cms) when they are outside (e.g. interval, lunch, sport, excursions and activities) during Terms 1 and 4..
- The school Board of Trustees will provide suitable hats for students and staff that fit within the guidelines of the Cancer society. All hats purchased will remain the property of the school
- Provide extra hats for children to borrow if appropriate.
- Implement a "No Hat, Play in the Shade" policy. Require children without hats to play in shade or indoors.
- Work with wider school community to promote students' use of SPF 30+ broad-spectrum sunscreen.
- Encourage children to wear clothing that protects the skin from the sun (e.g. sleeves and collars).
- Encourage staff to role model SunSmart behaviour, particularly the use of appropriate hats, within the school grounds and during outdoor school activities.
- Regularly publicize and reinforce the SunSmart Policy, for example, through newsletters, parent meetings, student and teacher activities.
- Inform parents of the SunSmart Policy at enrolment, especially the use of appropriate hats, clothing, SPF 30+ sunscreen, and encourage parents to practice SunSmart behavior themselves.
- The Board of Trustees will provide shaded areas in the swimming pool and the playground
- The staff will regularly remind and discuss with students the importance of being sun smart.
- Focused units/inquiries into being sun smart will be carried out within classroom programmes.
- The use of sunscreen is encouraged and where possible provided.
- Regular promotion of sunsafe practices will be advertised through newsletters, parent information nights etc.

Curriculum

- Incorporate SunSmart education and activities at all levels when delivering the curriculum.

Environment

- Work towards developing and improving existing shade, particularly in areas where students congregate. Shade can be both built and natural (e.g. constructed shelter and trees).
- Whenever possible schedule outdoor activities and sports events before 11am
- Organise outdoor activities to be held in areas with plenty of shade whenever possible.

Reinforcement and evaluation

- Ensure ongoing assessment of SunSmart behaviour, shade provision, and curriculum emphasis.
- Review of the SunSmart policy by the Board of Trustees at least once every 3 years.

CONCLUSION:

The needs of students will be addressed by the provision of sunsafe areas around the school, suitable headgear and sunscreen, and an effective health education programme

Reviewed 2013
2015