



# The Launceston Preparatory School

## SunSmart Policy

This policy was developed at The Launceston Preparatory School to ensure students and staff members have the knowledge and understanding to protect themselves from the harmful ultraviolet rays of the sun.

Over-exposure to UV (ultraviolet) rays causes sunburn, skin damage and increased risk of skin cancer. **Inappropriate sun exposure in the first 18 years of life contributes significantly to the lifetime risk of developing skin cancer.** However, some skin exposure to the sun's UV rays is needed for the production of vitamin D, vital for maintenance of healthy bones, teeth and general good health.

Being SunSmart is a whole-of-year approach. It means using sun protection when the UV is 3 and above (usually mid-September to mid-April), and safe sun exposure for vitamin D (usually mid-April to mid-September).

Our school has the following strategies in place:

### **BEHAVIOUR**

- Staff, students and families are encouraged to access the local UV level and sun protection times at <http://www.cancertas.org.au/> or <http://www.bom.gov.au/tas/uv/> or on the free SunSmart app or widget.
- Staff and students use a combination of sun protection measures from mid-September to mid-April, when average peak UV levels in Tasmania reach 3 and above.
- All students from Early Learning – Grade 6 are required to wear the school navy legionnaires' hats during outside activities during Terms One and Four, except as stated below.
- If students are without their hats or drink flasks at school, they are unable to participate in outdoor play, sport and excursions and must sit in the shade.
- Students are encouraged to bring their own sunscreen to school for their personal use.
- Students are encouraged to wear SPF 30+ or greater, broad spectrum water resistant sunscreen when going outside when UV level is 3 or above. Students will be encouraged to apply sunscreen 20 minutes before going outdoors and to reapply every two hours if outdoors for extended periods unless advised by the family that that they do not want their child to wear sunscreen.
- SFP 30+ or higher broad-spectrum, water resistant sunscreen is available at school as required by students and staff. Parents give their signed permission for their child to use the school sunscreen when required.
- Families are expected to assist their child to become independent in applying sunscreen.
- Staff and parents are encouraged to wear SunSmart (broad brimmed, bucket or legionnaire) hats and provide positive role models for the children in regard to sun protection.
- Sun-safe clothing is part of our school and sports uniform. This includes shirts with collars, sleeves, longer style dresses and shorts.

## **BEHAVIOUR TO HELP MAINTAIN ADEQUATE VITAMIN D LEVELS**

In Terms 1 and 4, sun protection measures are compulsory and from mid-September (last two weeks of term 3) sun protection measures are highly recommended.

- Sun protection (including hats, sunscreen, clothing and shade) should be used when UV levels are 3 or above when heading outdoors for more than a few minutes.
- Most Australians have adequate vitamin D levels just from doing typical day-to-day activities. A few minutes of mid-morning or mid-afternoon sun exposure to arms and hands on most days of the week should be sufficient to maintain adequate Vitamin D.
- Students are encouraged to take extra care in the middle of the day when UV levels are highest.

In Term 2 and the majority of Term 3, sun protection measures are not required

- Sun protection is not necessary unless near snow or other reflective surfaces.
- To support Vitamin D production, spend time outdoors in the middle of the day with some skin uncovered. Being physically active whilst outdoors helps to boost vitamin D levels.

## **CURRICULUM**

- All students participate in Health Education lessons in which protection from the sun and care of the skin are topics covered throughout the year, especially prior to school holidays.
- Newsletters are used to inform parents and children of relevant information regarding sun protection and care of the skin.
- The SunSmart Policy is reinforced through carnivals, excursions and outdoor education camps.
- Students will be educated on the five sun protection behaviours: **slip** on clothing, **slop** on sunscreen, **slap** on a hat, **seek** shade and **slide** on sunglasses.

## **ENVIRONMENT**

- Our school playground provides shade in a variety of areas from established trees and shade structures.
- Where practicable, portable shade structures are used at sport carnivals and any outdoor activity where protection from the sun is limited.
- Where possible, outdoor activities are scheduled before 11.00 a.m. during Terms One and Four.

## **EVALUATION**

Staff will review the SunSmart Policy each alternate year in relation to Curriculum content, access to shade outdoors and increasing appropriate SunSmart behaviours within the school community.

The school's sun protection policy will be submitted for review to Cancer Council Tasmania once every three years, for updating as new evidence becomes available.

Review date: August 2019