

# Naracoorte Primary School Sun Smart Policy



Updated January 2012



## Rationale

Australia has the highest rate of skin cancer in the world. The major cause of skin cancer is over exposure to the ultraviolet (UV) radiation from the sun, particularly during childhood and adolescence. To protect the skin from UV radiation, the Cancer Council recommends wearing a hat that shades the face, back of the neck, eyes and ears; common sites for skin damage and skin cancers.

## Expectations

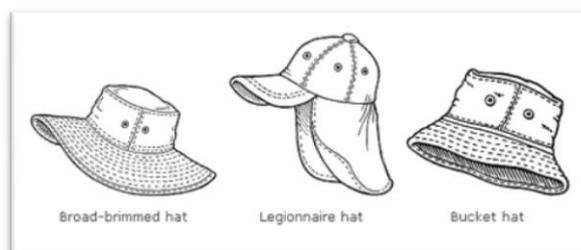
As this is a *Sun Smart School*, children at Naracoorte Primary School are required to wear a shady hat when outside during school hours in terms one and four of each school year. As each class program involves outdoor activities, it is expected that all students will have a hat at school during Terms 1 & 4. We also recommend students **keep their hats at school during September** (late in Term 3) **for days with UV ratings of 3 or more**. On these days, students will be encouraged to wear hats when outdoors.

The style of hat can be;

- **broad brimmed hat,**
- **legionnaire style hat**
- **or bucket hat with a suitable width brim**

When choosing a hat, remember:

- a hat should shade the face, head, ears and neck
- a *broad brimmed style* hat should have a brim of at least 7.5 cm
- *legionnaire style* hats should have a flap that covers the neck and overlaps at the sides of the front peak
- a *bucket style* hat should have a deep crown, angled brim of at least 6 cm and sit low on the head



Children not wearing an appropriate hat will be asked to;

1. **sit in the shade during class activity**
2. **stay in the designated shade area during play times.**

Students are also required to wear hats on **school excursions** or **camps** during Terms 1 and 4. Failure to bring a hat for these special occasions may result in the student being unable to attend.

**Staff members** will model these expectations and will wear the same kinds of hats while outside during Terms 1 and 4. Care will be taken in Terms 1 & 4 to schedule outdoor activities (where possible) in off-peak UV times (10am to 3pm).

Students will be given **three days** at the beginning of Terms 1 and 4 to organise the purchase of a hat. Students who have been requested to wear a hat whilst in the yard, and repeatedly require these instructions, will be dealt with as "*repeated failure to follow instructions*" and will be actioned via the school behaviour policy.

## Use of Sunscreen

Each class is provided with a container of sunscreen at the beginning of each year. Students are encouraged to put sunscreen on any exposed skin before going outside during Terms 1 and 4. Students are required to apply sunscreen before swimming lessons in Term 1. Year 5 and 7 students are asked to apply sunscreen between each activity while on camp.

## Clothing

On special days during Terms 1 and 4, such as casual clothing days and Sports Day, students are expected to choose Sunsmart tops, which excludes the use of tank tops and singlets. Any student arriving in clothing that does not meet Sunsmart requirements will be required to call parents and ask them to bring in a suitable replacement. We encourage the use of Sunsmart swimming tops and "rashies" during aquatics/swimming activities.

**Staff members** will model these expectations and will wear Sun Smart tops while outside during Terms 1 and 4.

## Sunglasses

The use of wrap-around sunglasses with an EPF rating of 10 is recommended by the Cancer Council for outdoor activities during Terms 1 and 4.