

Sun Protection Policy



Mawson Lakes School

Reviewed and Ratified by Governing Council: 13 Sept 2022

(Principal: David Cowles, GC Chairperson: Peter Richings)

Mawson Lakes School Sun Protection Policy aims to encourage:

- compliance with Department for Education requirements where all department school sites must have a sun protection policy in effect for school terms 1, 3 and 4 and whenever ultra violet (UV) radiation levels reach 3 or above.
- understanding of a balance of ultraviolet (UV) radiation exposure is important for health
- the school community to use a combination of sun protection measures whenever UV index levels reach 3 and above.
- students to be responsible for their own sun protection

Rationale

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure during childhood and adolescence is a major factor in determining future skin cancer risk.

Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. Sensible sun protection when UV is 3 and above does not put people at risk of vitamin D deficiency.

Cancer Council SA Guidelines provide advice around latest research and best practice which inform our policy.

Sun Protection

Mawson Lakes School uses a combination of sun protection measures for all outdoor activities on and off site **during terms 1, 3 and 4**. Staff are encouraged to access the daily sun protection times on the SunSmart app, myuv.com.au or bom.gov.au/sa/uv to assist with implementing this policy for students and themselves. This will be also highlighted on our One Note communication platform.



Families and visitors are encouraged to use a combination of sun protection measures (e.g. sun protective clothing, hats, sunglasses, sunscreen and shade) when attending outdoor school activities.

Clothing

Sun protective clothing is included in the Uniform and Dress Code Policy. The clothing is cool, loose fitting and made of closely woven fabric.

Sunscreen

Students are encouraged to provide their own SPF 30 or higher broad spectrum, water resistant sunscreen.

Application of sunscreen is at the discretion of families, encouraged 20 minutes prior to outdoor activities and every 2 hours if remaining outside, catering for skin sensitivities.

Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. teacher reminders, sunscreen monitors and buddies).

In line with protective practices, staff will not apply sunscreen directly to student's skin, but will encourage, remind and supervise students self-applying sunscreen.

Sunscreen will be made available to students and staff during whole school events such as Sport's Day.

Hats

All students and staff are required to wear hats that protect their face, neck and ears e.g. legionnaire, broad brimmed or bucket hats whenever they are outside during Terms 1, 3 and 4. These are available to purchase through UMS our external service provider of uniform.

Baseball or peak caps are not acceptable.

Beanies or hats may be worn during Term 2 if desired.

Students and staff will be reminded about this policy if a hat is not worn.

Students will be directed to a shaded area if they do not wear a hat during required periods ('no hat, no play').

Shade

Care is taken during the peak UV radiation times, and outdoor activities are scheduled outside of these times or in the shade where possible.

While UV is not related to air temperature, students remain indoors during recess and lunch, under staff supervision when the heat is extreme (36°C or above) also protecting them from UV on those occasions.

Sports days and other outdoor events to be held with consideration of lower UV levels.

Students are encouraged to use available areas of shade when outside (in the courtyards, nature play and under trees).

Curriculum

Programs on skin cancer prevention are included in the Australian Curriculum.

Sun Smart behaviour is regularly reinforced and promoted to the whole school community through newsletters, parent meetings, staff meetings, school assemblies, student and teacher activities and in student enrolment packs.

Review

Consultation will occur with students, staff and families. If appropriate, the Sun Protection Policy will be revised. Date of next policy review: September 2024.