



**Caversham
Valley** PRIMARY

Sun Aware Policy



RATIONALE

Australia has some of the highest rates of skin cancer in the world. Research indicates that childhood exposure is an important contributing factor to the development of skin cancer. As children are at school during times when UV radiation levels are highest, schools can play a major role in minimising UV exposure.

Our Sun Aware policy has been adopted to support all staff and children attending Caversham Valley Primary School in being aware of measures they can take to increase their protection from skin damage caused by UV radiation from the sun.

This policy is to be implemented throughout the year, with particular emphasis during the summer months; from the beginning of September to the end of May. The sun protection practices outlined in this policy will be applied to all school activities including sporting carnivals, excursions and camps. This policy has been developed in consultation with the school board and reviewing information available through the Cancer Council of Western Australia's 'SunSmart Schools Policy Guidelines'.

OUR COMMITMENT

Caversham Valley Primary School will:

Communication:

- Include a copy of the Sun Aware policy in enrolment documentation packages provided to new families.
- Promote sun protection via newsletters, assemblies, Term 1 'meet the teacher sessions', staff meetings and health lessons.

Uniform:

- Have a dress code policy that supports sun protective items which includes the requirement of: broad-brimmed, bucket or legionnaire hats when outside.
- If children attend school without the required hats as outlined in the uniform policy (and above) they are to be directed to play in an area that is protected from the sun.
- Require staff and children to wear a rash vest/shirt for swimming (this may not be appropriate during competitive swimming).

Behaviour:

- Staff, parents and guests encouraged to role model sun protection behaviour
- If children attend school without the required hats as outlined in the uniform policy (and above) they are to be directed to play in an area that is protected from the sun.
- When UV index is above '3', children to eat lunch in undercover area and be encouraged to use shaded areas during break times.
- Encourage the use of SPF 30+ broad-spectrum, water-resistant sunscreen by:
 - ❖ Teaching children about the use of sunscreen in Health lessons.
 - ❖ Providing sunscreen within the school environment including at Physical Education lessons. Sunscreen will be available outside of the school library.
 - ❖ Include personal sunscreen as an individual item on student booklists.

Environment:

Where feasible:

- ❖ Adequate provision of shade within the school grounds. Measures may include planting trees and building shade structures.
- ❖ Adequate provision of shade is provided at sporting carnivals and outdoor events.
- ❖ Outdoor activities during high UV periods will be conducted in the shade.