

When the UV Index reaches 3 and above, take five steps to protect yourself against sun damage.



Slip on some sun protective clothing



Slop on SPF 30+ (or higher)sunscreen



Slap on a hat



Seek shade



Slide on some sunglasses

For further information

Cancer Council

13 11 20

8:30 am to 5.30 pm, Monday-Friday

www.cancersa.org.au



www.sunsmart.org.au/



www.careforkids.com.au/



www.decd.sa.gov.au/



Government of South Australia

Department for Education and
Child Development

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BLAKEVIEW PRIMARY SCHOOL SUNSAFE POLICY



At Blakeview Primary School we aim to promote positive attitudes towards protection and lifestyle practices which can help reduce the incidence of skin cancer.



Tel: 08 8254 7555

Website: www.blakevwps.sa.edu.au

Blakeview Primary School

Sun Safe Policy

Rationale

- Australia has one of the highest incidences of skin cancer in the world.
- Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Sun exposure in the first ten years of life determines, to some degree, the likelihood of developing skin cancer later in life.
- Cancer Council SA advise people to protect their skin when the UV reading for a day is 3 or above. For South Australia that is between August and the end of April. Particular care is required during the peak UV times of the day.
- It is important to balance sun protection with safe sun exposure for the production of vitamin D for healthy bone growth and development.

Aims

The aims of the Blakeview School Sun Safe Policy are to promote among children, staff and parents:

- Positive attitudes towards protection
- Lifestyle practices which can help reduce the incidence of skin cancer
- Responsibility for and decision making about skin protection
- Awareness of the need for environmental changes in our school to reduce the level of UV exposure when the UV level is 3 and above.
- Policy will be reviewed on a regular basis every 2 years

Implementation

It is an expectation that all staff, students and parents of Blakeview Primary School will use the following skin protection strategies during terms 1,3 and 4.

1. Protect the skin when UV reading is 3 or above.
 - Wherever possible all outdoor activities will be held before 10am and after 3pm. or in the shaded areas of the school.
 - When planning whole school outdoor events, twilight schedules will be considered.
2. Wear appropriate clothing to protect the skin.
 - Broad brimmed, legionnaire or bucket hats are compulsory to wear whenever outdoors during Term 1, 3 and Term 4. Children NOT wearing appropriate hats will be expected to stay in the shade when the UV levels are 3 and above every day during terms 1, 3 and 4
 - If the UV level is below 3, staff and students can safely be outside without sun protection, and the sunlight can provide vitamin D, essential for the development and maintenance of strong, healthy bones.
 - Students are encouraged to wear shirts with collars and elbow length sleeves and longer style shorts/skirts.



3. Use the shade of trees and pergolas when outdoors.

- Tree planting will be organised with priority given to open grassed areas.
- Further provision of shaded areas is a priority of the school.
- Students are encouraged to seek shade during break times.

4. Wear a broad spectrum, water resistant sunscreen with SPF 30+ or above when outdoors on days when UV index is 3 and above.

Students are encouraged to :

- Apply sunscreen before going outdoors (ideally 20 minutes), and reapply every 2 hours when outdoors.
- Parents are encouraged to supply a named sunscreen for their children which is kept in a tray or schoolbag.
- School will have sunscreen available at accessible stations around the school.

5. Reinforcing the Sun smart message.

- Staff and school community will role model appropriate Sun Smart strategies including sun protective hats, clothing, sunscreen use, sunglasses and seeking shade.
- Sun Smart strategies included in teaching activities.
- Information about the school Sun Safe Policy given to all families.

