



SunSmart Policy May 2017

Summary

This information applies to all Ethnic Schools of South Australia.

Table 1: Document Details

Policy Number	ES46
Related Policies	Child Safe Environments Policy Code of Conducts for Students Record Management Policy Enrolment Procedures Excursions and Incursions Policy
Version	1
Created by	Policy Officer: Kate Quane
Reviewed by	Executive Officer: Darryl Buchanan
Applies to	Ethnic Schools South Australia
Key Words	Sun Safety; Sun exposure; UV index; Sun protection; Clothing.
Status	Approved
Approved By Executive	ESASA Executive Committee
Approval Date	29 th May 2017
Review Date	April 2018

Table 2: Revision Record

Date	Version	Revision Description
November 2016	1	New policy developed



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Introduction

Australia has one of the highest rates of skin cancer in the world. Anyone can be at risk of developing skin cancer with UV radiation in sunlight being the major cause of skin cancer in Australia. Sun exposure in the first ten years of life is a determining factor of the likelihood of skin cancer developing in later life. Hungarian Community School, Adelaide Inc. has developed the following procedures to ensure all members of the Hungarian Community School, Adelaide Inc. community are SunSmart.

Objectives

Hungarian Community School, Adelaide Inc.'s SunSmart Policy has been developed to:

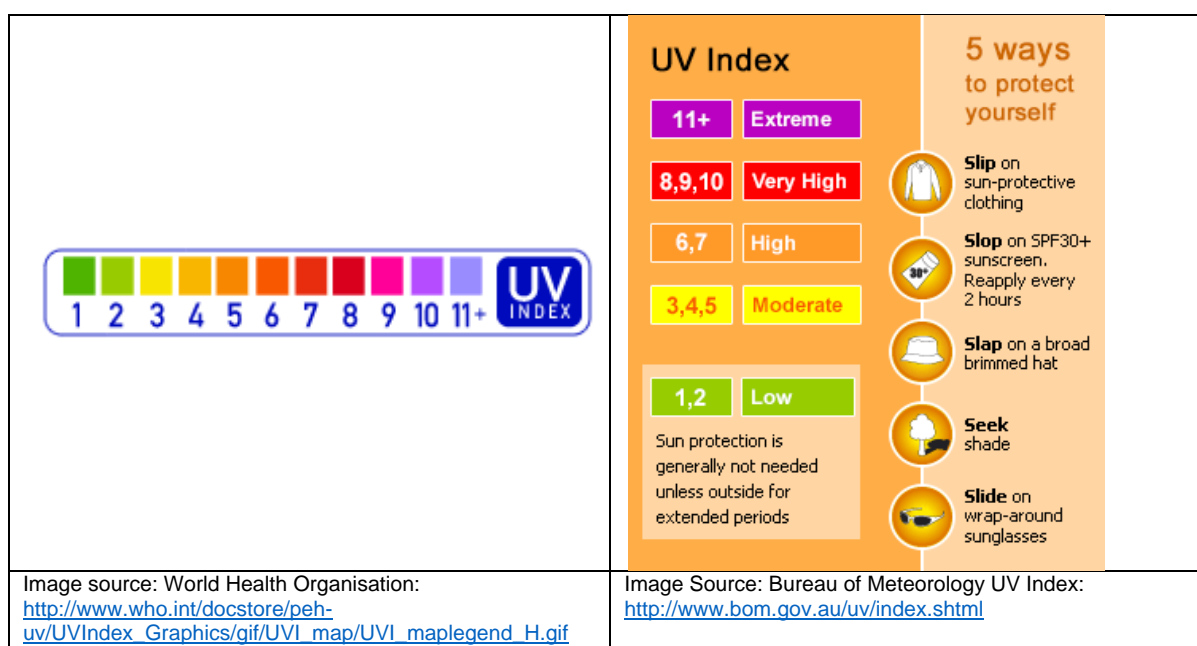
- encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 or higher
- raise awareness and promote positive attitudes towards skin protection with all members of the Hungarian Community School, Adelaide Inc. community
- promote lifestyle practices that help reduce the incidences of skin damage
- ensure staff consider weather conditions when setting up learning spaces, modifying learning programmes and planning excursions
- promote personal responsibilities and decision making about skin protection
- ensure that families and new staff are informed of the school's SunSmart Policy

Definitions

UV: Ultraviolet

UV Radiation: invisible rays that are part of the energy that comes from the sun that cannot be seen or felt. The Intensity of solar radiation is influenced by many factors, including: sun height, latitude, cloud cover, altitude, ozone and environment.

UV Index: an international scale used to indicate the intensity of the Sun's ultraviolet rays – refer to the following diagrams.





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Sun Protection Times: times that are forecast by the Bureau of Meteorology when the UV index will be 3 or higher. The sun protection times will vary depending on your location.

Procedures

Determining the UV-Index

The following sites and apps can be used to find the UV levels:

- Look for the SunSmart UV Alert on The Advertiser weather page
- Visit the Bureau of Meteorology website at www.bom.gov.au/sa/uv
- Visit <http://www.myuv.com.au/> and select location to see the UV index and the sun protection period for a given day.
- Download the SunSmart app or widget www.cancersa.org.au/sunsmart-apps or <http://www.sunsmart.com.au/uv-sun-protection/uv/uv-widget>

The image below provides an indication of the Monthly Average UV index for Adelaide. The graph shows when the UV index is 3 or higher in Adelaide. Hungarian Community School, Adelaide Inc. have determined the sun protection period based on this graph.

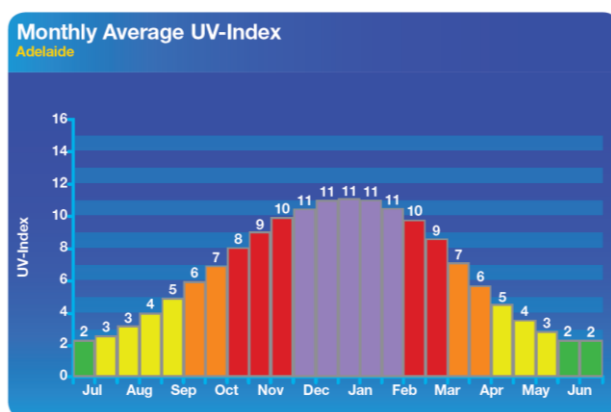


Image source: Cancer Council SA – SunSmart Program Implementation times

https://www.cancersa.org.au/assets/images/SunSmart/2016_03_04%20SunSmart%20Program%20implementn%20times.pdf

The Principal will check the UV Index and adjust outdoor activities to ensure the risk of skin damage is minimised. Announcements will be made to staff and students to inform them of the UV index and the sun protection measures that will be implemented.

Sun Protection Measures

Hungarian Community School, Adelaide Inc. uses a combination of sun protection measures for all outdoor activities during terms 1, 3 and 4 and whenever UV levels reach 3 or above at other times throughout the year. Care is taken during the peak UV radiation times and outdoor activities are planned outside of these times where possible.

Clothing

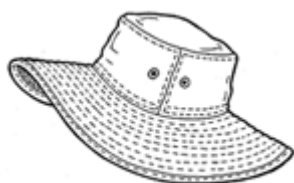
The Hungarian Community School, Adelaide Inc. does not have a school uniform. The school recommends clothing that is cool, loose fitting and made of closely woven fabric. It includes clothing with collars and elbow length sleeves, socks and hats.

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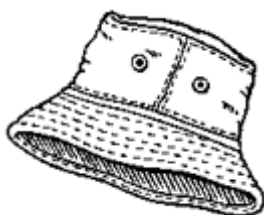
Hats

- All children, and staff must wear a hat outside from the beginning of August to the end of April and will be encouraged to wear a hat at other times of the year. Hats that protect students' face, neck and ears such as a broad brim, bucket hat or legionnaire hat is required. Baseball or peak hats are not acceptable. The Cancer Council recommends the following hats:

Broad brim hat



Bucket hat



Legionnaire hat



Image source: Cancer Council SA – Slap on a hat, <https://www.cancersa.org.au/information/a-z-index/how-should-i-protect-my-skin> Date accessed 9/11/2016.

- Children who are not wearing an appropriate hat will either be unable to play outdoors, be supplied a school hat, or asked to play in the shade, during the high risk months of August to April.
- Parents are encouraged to dress their children in appropriate protective clothing, including garments with long sleeves.
- Parents will be informed through information sheets of the dress requirements for outdoor excursions.

Sunscreen

- Students must provide their own SPF30 or higher broad spectrum, water resistant sunscreen.
- Students are encouraged to apply sunscreen prior to attending school and for any planned outdoor activities and reapply sunscreen every two hours.

Shade

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- Students are encouraged to use available areas of shade when outside
- Students who do not have the appropriate hats or clothing are asked to play in the shade or a suitable area protected from the sun.

Sunglasses

- Students and staff are encouraged to wear close fitting, wraparound sunglasses that meet the Australian Standard AS/NZ 1067:2003 (Sunglasses: lens category 2, 3, or 4) and cover as much of the eye area as possible



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Communicating Expectations

On enrolment parents will be advised of the sun protection policy and be provided with a copy of the Sun protection agreement and permission form. The SunSmart Policy will be available on the Hungarian Community School, Adelaide Inc.'s website and updates will be provided through the school's newsletter to inform families when the sun protection times are and the responsibilities of staff, parents and students.

Responsibilities

It is the responsibility of all staff at Hungarian Community School, Adelaide Inc. to:

- Model sun safe practices by wearing hats, protective clothing, and sunglasses when outside
- Inform students of sun safe practices and remind students to reapply sunscreen
- Seek shade whenever possible
- Apply SPF30 or higher, broad spectrum, water resistant sunscreen and reapply every two hours when participating in outdoor activities and excursions

It is the responsibility of families to:

- Supply students will appropriate sun protective hats, clothing and sunscreen
- Ensure children have applied sunscreen prior to any planned outdoor activity or excursion
- Complete the Sun protection agreement and permission form upon enrolling at the school

It is the responsibilities of students to:

- Wear hats, and protective clothing during the sun protection times and when participating in outdoor activities and excursions
- Apply SPF30 or higher, broad spectrum, water resistant sunscreen and reapply every two hours when participating in outdoor activities and excursions
- Seek shade whenever possible

Other Relevant Documents

The Hungarian Community School, Adelaide Inc.'s SunSmart Policy should be considered in conjunction with the following:

Cancer Council South Australia SunSmart Policy Information:

<https://www.cancersa.org.au/cut-my-risk/sunsmart/primary-schools/sunsmart-policy-information>

Cancer Council South Australia SunSmart Primary School Policy Guidelines:

<https://www.cancersa.org.au/cut-my-risk/sunsmart/primary-schools/sunsmart-policy-information>

Cancer Council South Australia – SunSmart Program Implementation Times:

https://www.cancersa.org.au/assets/images/SunSmart/2016_03_04%20SunSmart%20Program%20implementn%20times.pdf



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World Health Organisation Sun Protection: An essential element of Health-Promoting Schools: http://www.who.int/school_youth_health/media/en/456.pdf?ua=1

World Health Organisation Sunshine and Health, How to enjoy the sun safely: <http://www.who.int/uv/publications/solaruvflyer2006.pdf?ua=1>



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Sun Protection agreement and Permission form

I understand Hungarian Community School, Adelaide Inc. follows SunSmart recommendations and uses a combination of sun protection strategies to ensure the safety and wellbeing of all members of the Hungarian Community School, Adelaide Inc. community. These strategies including the wearing of hats, appropriate clothing, applying sunscreen, seeking shade and wearing sunglasses from September to the end of April or whenever the UV index reach 3 and above or when outdoors.

I agree to help support Hungarian Community School, Adelaide Inc. in following the SunSmart recommendations and help minimise my child's potential risk of skin and eye damage and skin cancer by doing the following. Please tick all that apply.

- To dress my child in cool clothing that covers as much as skin as possible e.g. tops that cover the shoulders, arms and chest, collared shirts, longer style shorts. I understand that singlet tops and shoestring dresses do not provide adequate sun protection and are best when worn with a shirt
 - To remind my child to bring and wear a sun protective hat that shades the face, neck and ears, that is, a wide brimmed hat, a bucket hat or a legionnaire style hat. I understand that baseball caps do not provide adequate sun protection and not appropriate for outdoor play.
 - To provide my child with appropriate fitting wrap-around sunglasses labelled AS 1067 to help protect their eyes
 - To give permission for staff to apply/provide SPF30 or higher broad spectrum, water resistant sunscreen supplied by Hungarian Community School, Adelaide Inc. to all exposed parts of my child's skin including their face, ears, neck, arms and legs.
- OR**
- To give permission for staff to apply/provide SPF30 or higher broad spectrum, water resistant sunscreen that I have supplied and labelled with my child/children's name to all exposed parts of my child's skin including their face, ears, neck, arms and legs.
 - To give permission for staff to assist my child independent, self-reliant skills by demonstrating how to apply sunscreen to all exposed parts of their own skin including their face, ears, neck, arms and legs

Child/ren's name: _____

Parent/Guardian name: _____

Signature of Parent/Guardian: _____

Date: _____