



# Ingle Farm East Primary School Skin Protection and Hot Weather Policy

Australia has the highest incidence of skin cancer in the world, with two out of three people developing some form of skin cancer in their lifetime.

There are three factors, often occurring simultaneously, which contribute to these statistics:

1. Ultraviolet light from the sun is sufficient intensity to induce skin cancer in this susceptible population.
2. For most of this century, social values have supported the belief that a suntan is healthy and attractive.
3. Lifestyle, work, school and recreation habits expose people to the sun for long periods.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Much of the damage occurs during childhood and adolescence. Research suggests that sunburn and sun exposure is a contributor to skin cancer and other forms of skin damage such as wrinkles, sunspots, blemishes and premature aging. Most skin cancer is, therefore, preventable.

UV radiation from the sun causes skin damage. UV radiation levels are independent of weather and temperature, and can be extreme on either a cool and cloudy day of 21°C or a day of 40°C, depending on the time of year. While too much exposure to UV radiation will cause skin damage, too little can lead to Vitamin D deficiency. Vitamin D is important for the development of healthy bones, muscles and teeth.

Schools are ideally placed to help reduce the incidence of skin cancer and the number of related deaths by encouraging all members of the school community to use effective skin protection measures.

## Purpose

The aims of “Ingle Farm East Primary School’s Skin Protection and Hot Weather Policy” are to promote among students, staff and parents:

- positive attitudes towards skin protection.
- lifestyle practices which can help reduce the incidence of skin cancer and the number of related deaths.
- provide a duty of care to students and staff.
- awareness of the need for environmental changes in schools to reduce the levels of exposure to the sun.
- a healthy balance between UV exposure and UV protection.

The procedures outlined in this policy are for implementation during terms 1, 3 and 4 and when the UV is 3 and above at other times. Depending on school activities in May, staff and students are encouraged to check the UV and implement sun protection when the UV is 3 and above. When the UV is below 3, staff and students are encouraged not to wear sun protection for vitamin D.

## Action

<b>Avoid prolonged exposure in the direct sun</b>	<ul style="list-style-type: none"> <li>▪ School events such as concerts are scheduled at twilight if needed.</li> <li>▪ Where possible, outdoor activities and classes are scheduled outside of the peak UV times of the day, or if possible are conducted in the shade.</li> </ul>
<b>Consider UV radiation levels</b>	Check the daily UV level prediction <a href="http://www.bom.gov.au/weather/uv">www.bom.gov.au/weather/uv</a>
<b>Use of shade</b>	<ul style="list-style-type: none"> <li>▪ Shade areas are provided where practical.</li> <li>▪ School will endeavour to supply portable shade for special outdoor events.</li> <li>▪ Students are encouraged to utilise existing shaded areas and further shaded areas will occur as school funds permit.</li> </ul>

## Action continued

<p><b>Wear appropriate clothing which protects the skin</b></p>	<ul style="list-style-type: none"> <li>▪ Students must be wearing hats in all outside activities all year around unless the UV level is below 3.</li> <li>▪ Students not wearing a hat must move to the shaded areas.</li> <li>▪ Classroom teachers will actively ensure all of their students have hats at school.</li> <li>▪ Staff are expected to wear hats on yard duty at all times.</li> <li>▪ Students are expected to wear sun smart clothing in accordance with dress code policy which includes tops with collars or higher neckline and elbow length sleeves, and longer style shorts, skirts and skorts.</li> <li>▪ Use of sunglasses is encouraged (not compulsory). Sunglasses category 2, 3, or 4.</li> <li>▪ At any school event/camps where casual clothes/bathers are permitted students must be wearing SunSmart clothing to provide protected from skin damage. Students must wear a rash vest or a t-shirt over their bathers.</li> </ul>
<p><b>Use of broad spectrum, water resistant SPF 30 + or SPF 50+ sunscreen When the UV is 3 and above</b></p>	<ul style="list-style-type: none"> <li>▪ Students will be encouraged to apply sunscreen 20 minutes before school in the mornings and 20 minutes before going out at lunch.</li> <li>▪ Students will be encouraged to supply their own sunscreen, although there will be containers in each classroom area.</li> <li>▪ Students will be encouraged to reapply sunscreen every 2 hours if they are involved in outdoor activities.</li> <li>▪ Students will be encouraged to reapply sunscreen if they are involved in outdoor activities.</li> <li>▪ At any whole school event conducted outdoors teachers will supervise the application/reapplication of sunscreen. Regular breaks need to be scheduled to accommodate the supervision (and support if needed) of sunblock application.</li> </ul>
<p><b>Reinforcing the SunSmart message in classroom activities and in general school procedures</b></p>	<ul style="list-style-type: none"> <li>▪ Staff will role model appropriate SunSmart strategies in all school activities and relating to Dress Code Policy, including wearing hats, sun protective clothing, sunglasses, sunscreen and seeking shade when involved in outdoor activities.</li> <li>▪ Skin cancer prevention is included in all classroom curriculum.</li> <li>▪ Include regular SunSmart articles in the school newsletter, particularly in terms 1, 3 and 4.</li> </ul>
<p><b>Hot Weather</b></p>	<ul style="list-style-type: none"> <li>▪ Teachers to arrange for release amongst themselves.</li> <li>▪ Leadership and Non Classroom Teachers to share supervision of students in Northern and Southern Buildings to release teachers.</li> <li>▪ A member of the administration team will check the official weather site before 10.55am and before 12.55pm.</li> <li>▪ When the temperature is above 36 degrees – no daily fitness will be conducted.</li> <li>▪ When the temperature is above 36 degrees – students are to stay inside classrooms at recess and lunch times.</li> <li>▪ Students and Staff will be notified by our school bells – 2 short blasts.</li> </ul>

This policy is reviewed every 2 years