



# The Launceston Preparatory School

## SunSmart Policy

This policy was developed at The Launceston Preparatory School to ensure students and staff members have the knowledge and understanding to protect themselves from the harmful ultraviolet rays of the sun.

Over-exposure to UV (ultraviolet) rays causes sunburn, skin damage and increased risk of skin cancer. **Inappropriate sun exposure in the first 18 years of life contributes significantly to the lifetime risk of developing skin cancer.** However, some skin exposure to the sun's UV rays is needed for the production of vitamin D, vital for maintenance of healthy bones, teeth and general good health.

Being SunSmart is a whole-of-year approach and the following measures are encouraged all year round. It means using sun protection especially when the UV is 3 and above (usually August to May), and safe sun exposure for vitamin D.

Our school has the following strategies in place:

### **BEHAVIOUR**

- Staff, students and families are encouraged to access the local UV level and sun protection times at <http://www.cancertas.org.au/> or <http://www.bom.gov.au/tas/uv/> or on the free SunSmart app or widget.
- Staff and students use a combination of sun protection measures from September to April, when average peak UV levels in Tasmania reach 3 and above.
- All students from EL – Grade 6 are required to wear the school navy legionnaires' or bucket hats during outside activities during Terms One and Four, except as stated below.
- Whilst not compulsory, students will be encouraged to wear hats in April and September.
- If students are without their hats or drink flasks at school, they are unable to participate in outdoor play, sport and excursions and must sit in the shade.
- Students are encouraged to bring their own sunscreen to school for their personal use.
- Students and staff are encouraged to wear SPF 30+ or greater, broad spectrum water resistant sunscreen when going outside when UV level is 3 or above. Sunscreen should be applied 20 minutes before going outdoors and reapplied every two hours if outdoors for extended periods unless advised by the family that that they do not want their child to wear sunscreen.
- SFP 30+ or higher broad-spectrum, water resistant sunscreen is available and accessible at school as required by students and staff. Parents give their signed permission for their child to use the school sunscreen when required.
- Sunscreen is stored in a cool, dry place and the expiry date monitored.
- Strategies are in place to remind students to apply sunscreen before going outdoors.
- Families are expected to assist their child to become independent in applying sunscreen.
- Staff and parents are encouraged to wear SunSmart (broad brimmed, bucket or legionnaire) hats and provide positive role models for the children in regard to sun protection.

- Sun-safe clothing is part of our school and sports uniform. This includes shirts with collars, sleeves, longer style dresses and shorts.

## **CURRICULUM**

- All students participate in weekly Health Education lessons in which protection from the sun and care of the skin are topics covered throughout the year, especially prior to school holidays.
- Newsletters are used to inform parents and children of relevant information regarding sun protection and care of the skin.
- The SunSmart Policy is reinforced through carnivals, excursions and outdoor education camps. The policy is available on the school website.
- Students will be educated on the five sun protection behaviours: **slip** on clothing, **slop** on sunscreen, **slap** on a hat, **seek** shade and **slide** on sunglasses.

## **ENVIRONMENT**

- Our school playground provides shade in a variety of areas from established trees and shade structures.
- Portable shade structures are used at sport carnivals and any outdoor activity where protection from the sun is limited.
- Where possible, outdoor activities are scheduled before 11.00 a.m. during Terms One and Four.

## **EVALUATION**

Staff will review the SunSmart Policy each alternate year in relation to Curriculum content, access to shade outdoors and increasing appropriate SunSmart behaviours within the school community.

The school's sun protection policy will be submitted for review to Cancer Council Tasmania once every three years, for updating as new evidence becomes available.

Review date: August 2022

### **Related information:**

[Health Policy](#)

[School Regulations](#)

[School Rules](#)