



Sun Protection Policy

The purpose of this policy is to ensure that all students attending Birchgrove Public School use protective behaviours when in the sun, thus reducing the skin damage caused by the harmful ultraviolet rays of the sun and prevent heat damage.

Aim:

This policy aims to raise awareness and promote safe practices of sun protection among students, staff and community members.

Outcomes:

Each student will take personal responsibility for skin protection.

Each student will develop lifestyle practices that will help reduce the incidence of skin cancer and the number of skin cancer related deaths.

Implementation of a "No Hat / Sit in the Shade Policy"

Students will be encouraged:

- to wear hats
- to wear shirts with collars and sleeves.
- to apply a broad-based Spectrum sunscreen on exposed skin.
- to use available areas of shade for play.

Staff will be encouraged:

- to model good sun protection behaviour.
- to schedule outdoor activities with a view to sun protection whenever possible.
- to incorporate skin cancer prevention programs in PE / H / PD with emphasis in Terms 1 & 4.
- to support the use of SPF broad spectrum water-resistant sunscreen.
- to reinforce regularly the Sun Protection Policy in a positive way through the newsletter, parent meetings student assemblies and activities.
- to consider availability and quality of shade when planning all outdoor activities and outdoor play experiences are set up in the shade, as far as possible.
- to keep students cool by turning off lights, spraying students with water, encouraging drinking water regularly, encouraging students to stay in shaded areas.
- To carefully monitor students in their care to make sure they stay hydrated and out of direct sun when possible.
- To move sport activities to the morning when heat is high where possible.

Parents will be encouraged:

- to support the Sun Protection Policy by being role models and practise skin protective behaviours, particularly when attending school functions.
- to educate their child/ren to take responsibility for wearing appropriate clothing and a hat.
- to provide broad spectrum, water resistant sunscreen for their child's use.



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- to assist students and staff in deciding upon appropriate shade structures or improvement to the school environment.

Note: On days of extreme heat we have a reversed day (long recess short lunch), wet weather play is an option when there isn't an outside breeze (outside can be cooler than classrooms).