



Echunga Preschool and Primary School Sun Safe Policy

Rational

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure in childhood and adolescence is a major factor in determining future skin cancer risk. Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

Purpose

All department school sites, and early childhood education and care services, must have a sun protection policy in effect for school terms 1, 3 and 4 and whenever ultraviolet (UV) radiation levels reach 3 or above. Sites must inform the school community including employees, students, parents and volunteers of the sun protection policy. Children and young people are encouraged to be responsible for their own sun protection.

Using sun protection

Echunga Preschool and Primary School uses a combination of sun protection measures for all outdoor activities on and off site during terms 1, 3 and 4.

Clothing

Sun protective clothing is included in the school uniform/dress code and sports uniform. The clothing is cool, loose fitting and made of closely woven fabric. It includes shirts with collars and elbow length sleeves, longer style dresses and shorts and rash tops or t-shirts for outdoor swimming.

Sunscreen

Students can wear their own SPF 30 or higher broad spectrum, water resistant sunscreen but our school will have available some SPF 30 for staff and students' use.

Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours if remaining outdoors.

Strategies are in place to remind students to apply sunscreen before going outdoors.

Families with children who have naturally very dark skin are encouraged to discuss their vitamin D requirements with their GP or pediatrician.



Hats

All students and staff are required to wear hats that protect their face, neck and ears e.g., legionnaire, broad brimmed or bucket hats, whenever they are outside. Baseball or peak caps are not acceptable. School hats are available for purchase from the front office.

Shade

Care is taken during the peak UV radiation times, and outdoor activities are scheduled outside of these times or in the shade where possible. Sports days and other outdoor events to be held during term two or earlier in the day where practical.

Students are encouraged to use available areas of shade when outside.

Students who do not have appropriate hats or clothing are asked to stay in the shade or a suitable area protected from the sun.

Curriculum

Programs on skin cancer prevention are included in the curriculum for all year levels.

Sun Smart behaviour is regularly reinforced and promoted to the whole school community through our newsletters, school homepage, parent meetings, staff meetings, school assemblies, student, and teacher activities and in student enrolment packs.

The information has been extracted from the [Cancer Council SA SunSmart policy](#).

Updated February 2022