



# JINGILI PRIMARY SCHOOL

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## Jingili Primary School Community Sun Protection Policy

### Rationale

Too much exposure to ultraviolet (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of developing skin cancer. Australia has the highest rate of skin cancer in the world.

Skin cancers account for 80% of all new cancers diagnosed in Australia each year.

Melanoma is the most diagnosed cancer for 15 – 44 year olds.  
This policy is followed all year round in the Territory.

### Objectives

The goals of the SunSmart Policy is to;

- Increase student and community awareness about skin cancer and sun protection
- Encourage the entire school community to use a combination of sun protection measures all year round whenever the UV index level is 3 or above
- Work towards a safe school environment that provides shade for students, staff and the school community
- Assist students to be responsible for their own sun protection
- Ensure that families and new staff are informed of the school's SunSmart policy

### Sun Protection strategies:

- All students and staff use a combination of sun protection measures, especially when the UV level reaches 3 and above to ensure they are well protected. The UV level can be ascertained from the sunsmart app.
- The SunSmart policy is considered when planning all outdoor events e.g. assemblies, camps, excursions and sporting events. Where possible, we have outdoor activities or events earlier in the morning or later in the afternoon, or we try using undercover venues.

#### 1. Shade

- The school council makes sure there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where students congregate eg. Lunch area, canteen, outdoor lesson areas and popular play areas.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- The availability of shade is considered when planning excursions and outdoor activities.
- Students are encouraged to use available areas of shade when outside. Students who do not have appropriate hats or outdoor clothing are asked to stay in the shade.

## 2. Clothing

- Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is made of close weave fabric and includes shirts with collars.

## 3. Hats

- Students are also required to wear school bucket hats that protect their face, neck and ears, whenever they are outside. Without a hat, students are to stay in the shade and are unable to play out in the sun during recess and lunch or PE lessons.
- (Please note: Baseball caps do not offer enough protection and are therefore not recommended.)

## 4. Sunglasses

- Students and staff are encouraged to wear close fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

## 5. Sunscreen

- SPF 30+ broad spectrum, water resistant sunscreen is available for staff and student's use from the front office. In addition, students are able to bring and apply their own sunscreen at school. Sunscreen is encouraged to be applied before going outside to play, and if outside for extended periods of time (i.e sports day), reapplied every two hours.

## 6. Role Modelling

- Staff act as role models by:
  - wearing sun protective clothing and accessories such as hats, clothing and sunglasses outside
  - applying SPF 30+ broad spectrum, water resistant sunscreen
  - seeking shade whenever possible
- Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses and sunscreen) when participating in and attending outdoor school activities.

## 7. Curriculum

- Sun protection and skin cancer awareness programs are incorporated into the primary health curriculum.
- Students are encouraged to be involved in initiatives to promote and model sun protection measures to the whole school community.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, student and teacher activities and on student enrolment.

## Review

The school council and staff monitor and review the effectiveness of the sun protection policy every three years and revise the policy when required. Next policy review: 2024