



Turrumurra Public School Sun Protection Plan

Rationale:

Ultraviolet (UV) radiation from the sun can cause sunburn, skin damage, eye damage, and skin cancer. Australia has the highest incidence of skin cancer in the world, with two in three Australians developing some form of skin cancer during their lifetime. Overexposure to the sun during childhood and adolescence is known to be a major cause of skin cancer.

The goals of the sun protection plan are 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 whenever UV Index levels are 3 and 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.

Our sun protection plan is;

- Implemented all year
 - In combination with sun protection measures used when the UV Index levels are 3 and above.
 - High priority during the period of peak UV times from August to May between the hours of 10am and 2pm (11am to 3pm daylight saving time)
 - Includes;
1. Scheduling outdoor activities
 - Where possible, we will schedule outdoor activities (e.g. assemblies, sport and physical education lessons) outside of peak UV and plan activities to take place in the shade or indoor areas.
 - We will consider sun protection when planning all outdoor events e.g. assemblies, camps, excursions and sporting events. Where possible, we have outdoor activities or event earlier in the morning or later in the afternoon, or we try using indoor venues.
 2. Shade
 - The school community is committed to providing shade in the school grounds particularly in areas where students congregate. e.g. canteen, outdoor lesson areas and popular play areas.

- We will consult with the school community about future plans for shade.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have sun safe hats are asked to play in the shade or a suitable area protected from the sun.

3. Hats

- Students are encouraged to wear hats that protect their face, neck, ears , e.g. legionnaire, broad brimmed or bucket hats, whenever they are outside.

4. Clothing

- Sun safe clothing is included in our school uniform and sports uniform. This will include shirts with collars (or covered necklines) and sleeves, longer style dresses and shorts, rash vests or T –shirts for outdoor swimming.

5. Sunscreen