



BULLI PUBLIC SCHOOL

Haig Rd, Bulli 2516

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Reviewed May 2017

Sun Protection Policy

“Wear your school hat or play in the shade.”

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 Policy are to:

- Increase student and community awareness about sun protection and skin cancer.
- Encourage the school community to use a combination of sun protection measures whenever ultraviolet index levels are 3 and above.
- Provide a school environment that provides shade and indoor venues for students, staff and the school community.
- Assist students to become responsible for their own sun protection.

Our Sun Protection Policy

Bulli Public School’s Sun Protection Policy is implemented consistently throughout the year and includes a combination of sun-safety protection measures, particularly when the ultraviolet index levels are 3 and above as recommended by health authorities. The times when the ultraviolet index in NSW is usually below 3 is before 10am Eastern Standard Time or 11am daylight saving time and after 2pm Eastern Standard Time or 3pm daylight saving time and all day during June and July. During these two months the ultraviolet index is likely to be low with the exception of environments at high altitudes or near reflective surfaces like water or snow.

Bulli Public School’s sun safety protection measures include:

1. Scheduling outdoor activities

- Where possible, outdoor activities (eg assemblies, sport and physical education lessons) will be scheduled outside peak UV times of 10am – 2pm (11am – 3pm daylight saving time), in the shade or indoors.
- Consideration is given to sun protection when planning all outdoor events eg assemblies, camps, excursions and sporting events.
- Where possible, we conduct outdoor activities or events outside of peak UV times or we use indoor venues such as the school hall.
- Class timetables seek to minimise outdoor activities during peak UV times.



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2. Shade

- The school community is committed to providing shade in the school grounds particularly in areas where students congregate eg eating, outdoor teaching and popular play areas. This includes trees, covered outdoor learning area (COLA) and temporary shade shelters (as required).
- Students are encouraged to use available areas of shade when outside.
- Future shade needs are determined through assessment.
- The availability of shade or an indoor option is considered when planning excursions and all other outdoor activities.
- Students who do not have sun-safe hats play in the shade or a suitable area protected from the sun eg COLA.

3. Hats

- Students are encouraged to wear hats that protect their face, neck and ears eg broad-brimmed hats that are Cancer Council approved, whenever they are outside.
- The school uniform includes a broad-brimmed hat that meets the requirements of the Department of Education and recommendations of the Cancer Council.
- Students who do not wear the appropriate hat are to play in the shade including under the COLA. **“Wear your school hat or play in the shade.”**

4. Clothing

- Sun safe clothing is included in our school uniform and sports uniform. This includes t-shirts with a collar and sleeves, longer style dresses, shorts and a sun-safe hat.
- Students are encouraged to wear rash vests and 30+ sunscreen when participating in outdoor swimming events. Students wear a t-shirt with a collar and sleeves and a sun-safe hat when not directly involved in the event.
- Students are encouraged to wear a t-shirt with a collar and sleeves, a sun-safe hat and 30+ sunscreen when participating in outdoor events such as the athletics and cross-country carnivals.

5. Sunscreen

- SPF 30+ broad-spectrum water-resistant sunscreen is available for staff and students to use. Where possible, sunscreen is applied at least 20 minutes before moving outdoors and reapplied every two hours.
- On extended outdoor events students will be encouraged to apply sunscreen every 2 hours.



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6. Role modelling of staff

Staff will be requested to role model good sun protection behaviours by:

- Wearing sun-safe hats (phasing out of baseball caps), clothing and sunglasses when outside.
- Applying SPF 30+ broad-spectrum water-resistant sunscreen.
- Seeking shade whenever possible.

7. Curriculum

- Teachers will include sun protection principles in their teaching and learning programs across all year levels. Our Release from Face to Face program explicitly teaches sun protection as part of the Personal Safety unit.
- Students will understand why sun safety is important and learn how to take effective sun protection measures.

8. Informing the school community

- Sun protection information is regularly communicated to the whole school community through a range of channels eg newsletters, school website, school assemblies and student orientation.
- Families and visitors are encouraged to use a combination of sun protection measures (sun-safe clothing and hats, sunscreen and sunglasses) when participating in and attending outdoor activities.

9. Sunglasses (optional)

- We encourage students and staff to wear close fitting, wrap-around sunglasses that cover as much of the eye area as possible and comply with the Australian Standard 1067:2003 for UV protection (Sunglasses: Category 2, 3 or 4).

10. Review

- The school community will regularly monitor and review the effectiveness of the Sun Protection Policy at least once every three years by referring to the Department's Sun Safety for Students Guidelines.
- We will update the school's Sun Protection Policy in line with the SunSmart recommendations and submit to the Cancer Council NSW every three years.
- Review date: May 2020

This review has been conducted in accordance with the Department of Education's Sun Safety for Students Guidelines (2014 update) with reference to the Cancer Council's SunSmart Program.

Cancer Council

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