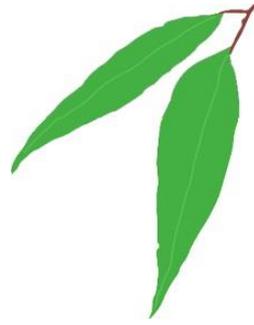


# SUN SMART POLICY



**Tea Tree Gully  
Primary School**

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## **Rationale:**

Australia has the highest incidence of skin cancer in the world, with skin cancers accounting for 80% of all new cancers diagnosed each year in Australia.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Much of the damage occurs during childhood and adolescence. Research suggests that severe sunburn is a contributor to skin cancer and other forms of skin damage such as wrinkles, sunspots, blemishes and premature ageing. Most skin damage and skin cancer is, therefore, preventable.

Schools are ideally placed to help reduce the incidence of skin cancer and the number of related deaths by encouraging all members of the school community to use effective skin protection. A balance of ultraviolet (UV) radiation exposure is important for health. We have outlined the dangers of too much of the sun's radiation. However, 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.

## **Aims:**

The Tea Tree Gully Primary School Sun Smart policy aims to promote among all children, staff and parents:

- Positive attitudes towards skin protection
- Lifestyle practices that can help reduce the incidence of skin cancer and the number of related deaths
- Personal responsibility for the decision making about skin protection

## **Strategies:**

- Sun safe hats (broad brimmed or legionnaires) are to be worn when outside for lessons or at play times during Terms 1 and 4. Students who do not have an appropriate hat will be directed to a shaded area to sit and play quietly
- In Terms 2 and 3 the wearing of hats is optional. However, we do recommend periods of time with no hats during Terms 2 and 3 to ensure low level exposure to UV radiation for Vitamin D
- Students will be encouraged to wear appropriate clothing that protects the skin eg. collared shirts, sleeved garments
- Students will be encouraged to apply broad-spectrum sunscreen (SPF 30+) to clean, dry skin, 15 to 20 minutes before going outdoors for lunch or curriculum activities. Sunscreen should be reapplied every two hours if outdoors for a prolonged period of time (eg. sports events, Sports days, excursions, camps), or more frequently if involved in water activities
- The Sun Smart message will be reinforced during school activities and through Health lessons
- Current research will be used to influence our decision making around sun safety