

PINNAROO PRIMARY SCHOOL

SUN-SMART POLICY

Approved School Council 30 Nov 1994, Reviewed May 1997, 2002, 2005,
2008, 2010, 2012, 2015

To be reviewed next in the year 2017

Pinnaroo Primary School stresses the importance of all students and staff wearing suitable hats for sun protection throughout the whole year.

Rational

Australia has the highest incidence of skin cancer in the world with 140,000 new cases and 1,000 deaths recorded each year.

There are four factors, often occurring simultaneously, which contribute to these statistics.

1. For most of last century social values have supported the belief that a suntan is healthy and attractive.
2. Lifestyle, work, school and recreational habits expose people to the sun for long periods.
3. The population is predominantly fair-skinned.
4. Ultraviolet light from the sun is of sufficient intensity to induce skin cancer particularly in this susceptible population.

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.

Our Primary School can help reduce the incidence of skin cancer and the number of related deaths by encouraging all members of the school community to take effective skin-protection measures.

Aims

The aims of the Pinnaroo Primary SunSmart Policy are to promote among students, staff and parents:

- positive attitudes towards skin protection;
- lifestyle practices which can help reduce the incidence of skin cancer and the number of related deaths;
- personal responsibility for and decision-making about skin protection; and
- awareness of the need for environmental changes in schools to reduce the level of exposure to the sun.

Implementation Strategies For Skin Protection

This policy is for implementation throughout the whole year.

The purpose of the policy is to ensure that all children attending our school are protected from skin damage caused by the harmful ultraviolet rays of the sun.

1. As part of general skin-protection strategies:

- 1.1. Children are encouraged to wear hats whenever they are outside eg. playtime, sport, sports carnivals, outdoor excursions and activities. The type of hats to be worn are, legionnaires, straw hats, slouch hats, bucket hats or broad brimmed hats. Children who do not wear these hats will be made to play in an area protected from the sun.
- 1.2. Children will be encouraged to use available areas of shade for outside play activities.
- 1.3. Outdoor activities will be held in areas of shade whenever possible.
- 1.4. Teachers will schedule outdoor activities before 10 am and after 2 pm (11 am and 3 pm daylight saving time) whenever possible.
- 1.5. Staff and parents will be encouraged to act as role models by practising SunSmart behaviour through:
 - wearing protective hats and appropriate clothing for all outdoor activities;
 - using a SPF30+ broad spectrum, water-resistant sunscreen for skin protection and
 - seeking shade whenever possible.

2. Our school will:

- 2.1. Ensure that school hats are appropriate and support Cancer Council of South Australia guidelines.
- 2.2. Endeavour to schedule outdoor events outside peak UVR times whenever possible. Sports day and outdoor events will be scheduled for twilight or 2nd and 3rd terms whenever practicable.
- 2.3. Endeavour to provide that adequate shade is provided at sporting carnivals and outdoor events.
- 2.4. Provide adequate shelters and shade trees.
- 2.5. Provide SPF30+ broad spectrum, water-resistant sunscreen for staff and student use, during terms 1 and 4 and any other time the UVR is 3 and above.
- 2.6. Incorporate programs on skin cancer prevention in its curriculum.
- 2.7. Reinforce regularly the SunSmart Policy in a positive way through newsletters, parent meetings and student and teacher activities.
- 2.8. Inform parents by a standard letter if their child is not complying with the policy (see Appendix 1).
- 2.9. Ensure rash vests or T Shirts are worn during outdoor swimming activities.
- 2.10. The use of sunglasses (Aust. Standard and EPF rating of 10) is encouraged where appropriate

3. When enrolling a child parents will be:

- 3.1. Informed of the SunSmart Policy.
- 3.2. Requested to purchase a school hat or provide an appropriate hat for their child's use.
- 3.3. Encouraged to provide SPF30+ broad spectrum, water-resistant sunscreen for their child's use.

Appendix 1

Hat Policy

Pinnaroo Primary School has a hat policy in place that requires students to wear either a slouch, bucket, broad rimmed or legionnaire - style hat, protecting the ears and neck. To maximise skin protection, we have asked students not wearing these hats to move to a designated shade area.

_____ was not wearing an appropriate hat today and was therefore asked to move to the designated area. If you would like more information on our hat policy or purchasing of hats, please call us or contact Parent Club. Your assistance in providing the correct hat would be appreciated.

Pinnaroo Primary School Staff.

Date:

Appendix 2 (Taken from Parent Handbook)

NO HAT - PLAY IN THE SHADE POLICY

All children are expected to wear an appropriate protective hat all year. Governing Council has identified appropriate hats as Bucket, Legionnaire or Slouch hats.

Parent Club provides sunscreen to all classes for use by all children before recess and lunch and for outdoor activities.

SCHOOL UNIFORM

School windcheaters, T-shirts and hats are available for purchase from the front office, dresses & skirts can also be ordered. Contact front office on 85778176.

BOYS: SUMMER UNIFORM

Gold/royal blue knit polo shirt short/long with Pinnaroo Primary School monogram.

Grey/black/navy shorts.

Royal blue windcheater with Pinnaroo Primary School monogram or royal blue polar fleece windcheater.

Sandals, shoes or sneakers.

BOYS: WINTER UNIFORM

Gold/royal blue skivvy, short or long sleeve polo shirt.

Plain navy/black/grey trousers, cargo pants or track pants.

Navy/white/black socks.

Black shoes, sneakers or boots.

BOYS/GIRLS: SPORTS UNIFORM

Red or green house coloured T-shirt.

Black/navy shorts, bike pants or pleated skirt.

School tracksuit pants.

White socks.

Sneakers with non-marking soles.

GIRLS: SUMMER UNIFORM

Dress in school-checked material. Uniform style with reverse collar, short sleeves and either button or zipper front. A half-belt style may be chosen. Black boy leg briefs or sport briefs may be worn underneath. (Patterns for summer uniforms are available for borrowing from the Community Library or dresses available from Mr Barker uniform shop).

Gold/royal blue knit polo shirt may be worn with navy blue/black shorts or skorts.

Blue windcheater with Pinnaroo Primary School monogram or royal blue polar fleece windcheater.

Sandals, shoes or sneakers.

GIRLS: WINTER UNIFORM

Gold/royal blue skivvy, short or long sleeve polo shirt.

Black/navy slacks, cords or track pants.

School tartan skirt ,box pleat style Available at Mt Barker uniform shop directly or contact front office to place an order)

White/navy/black socks or black/navy tights.

Black shoes or sneakers.

WHERE TO PURCHASE:

School dresses & skirts can be purchased direct from Mt Barker Uniform Shop, 8398 3893.

Trackpants/shorts/skorts & trousers can be purchased from Yates Mensland, Renmark, Target, Kmart or Big W.

Crafty Crow at Lameroo also stocks a range of pants. If you have any queries please contact Uniform Coordinator Julie Wallis on 8576 6126.