



OAKLEIGH STATE SCHOOL SUN SAFETY POLICY

At Oakleigh State School we believe that all members of our school community (students, staff, parents and visitors) have the right to feel safe and valued. A component of this is to be provided with information, structures and planning revolving around Sun Safety.

“Ultraviolet (UV) radiation damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer later in life. Australia has one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before age 70.

Skin cancer is one of the most preventable cancers.

Students are in school when daily ultraviolet (UV) radiation levels are at their peak, meaning schools are uniquely placed to educate about sun protection behaviour, minimise UVR exposure and ultimately reduce a student's lifetime risk of skin cancer.” (Cancer Council)

We have a responsibility to develop and maintain appropriate Sun Safety Strategies so as all members of the school community will gain greater knowledge and awareness of the need to be “Sun Safe”.

Through the development and implementation of a shared Sun Safety Policy in a supportive school environment, we aim to create a positive and proactive attitude to Sun Safety amongst all members of the school community. Ultimately, Sun Safety is a personal choice. We aim to develop life-long strategies and beliefs which will reduce the risks of skin cancer for the total school community.

Sun Safety Strategies

1. Wearing of hats (either wide brimmed or legionnaire style) by all students, staff and volunteer helpers for any outdoor movement or activities where exposure to the sun is imminent and extended.
2. Students wearing of collared shirts
3. Uniform incorporates Sun Safety design features
4. Flexible planning encouraged to reduce exposure to the sun between 10:00am and 2:00 pm wherever practical
5. If the ambient temperature is between 31 and 35 degrees Celsius and the relative humidity is over 50 per cent, planned vigorous, sustained physical activity will be limited in intensity or duration to less than 60 minutes per session
6. If the ambient temperature is over 36 degrees Celsius and the relative humidity is over 30 per cent planned vigorous, sustained physical activity will be postponed to a cooler part of the day or even cancelled
7. Utilise a range of educational programs to reinforce and educate students re Sun Safety. Eg Health and Physical Education lessons
8. Make SPF 50+ sunscreen available for use by students, staff and volunteers.
9. Encourage all school community members to utilise sunscreens, lip creams to exposed areas of the skin wherever practical
10. Encourages students to play in the shade areas when possible
11. Continue to review and plan play areas for the future to include shaded structures
12. Reinforce the need for all school community members to be appropriate role models
13. Permit students to wear appropriate sun glasses to protect their eyes from UV radiation if they wish to or need to. The sunglasses must have a sun protection factor of 97% (EPF 10)
14. Regularly remind students to hydrate during the day as they can dehydrate quickly during hot weather