



DURACK SCHOOL SUN SMART POLICY

Too much exposure to ultraviolet (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of developing skin cancer. Australia has the highest rate of skin cancer in the world.

This policy is to be followed all year round in the Territory as the UV index is always high and very high during the peak UV periods (9:00am to 4:00pm).

Staff will act as role models in line with the Sun Smart program, role modelling requirements and WH&S standards. School staff members are required to adopt protective measures as put in place by this policy and the Work Health & Safety policies of the NT Department of Education and Training (DET).

AIM

Durack School's Sun Smart Policy has been developed to ensure that all students and staff are protected from damaging levels of ultraviolet radiation from the sun.

GOALS OF THE SUN SMART POLICY

- Maintain a safe environment for students and staff in the school.
- Assist students to become responsible for their own sun protection.
- Increase student and community awareness about skin cancer and sun protection.
- Encourage the school community to use a combination of sun protection measures all year round.
- Ensure that families and new staff are informed of the school's Sun Smart Policy.

SUN PROTECTION STRATEGIES

All students and staff use a combination of sun protection measures throughout the day to ensure they are well protected.

Where possible, outdoor activities or events should take place before 9:00am or after 4:00pm, or indoor shaded/venues considered.

Shade

The school management ensures there is a sufficient number of shade structures and trees providing shade in the school grounds. In consultation with the School Board, shade provision is considered in plans for future buildings and grounds.

In accordance with the School Uniform Policy, students who do not have an appropriate hat or outdoor clothing will be directed to an appropriate shaded area during recess and lunch time.

Break Periods

Lunchtime is in the hottest time of the day and is thus restricted to no longer than 25 minutes of outside play. The library and shade areas are available during this time.

Uniform Policy

Sun protective clothing is included in our School Uniform Policy. School clothing is made of close weave fabric and includes shirts with collars and sleeves, and longer style dresses and shorts.

The wearing of Rash Shirts or T-shirts is required for outdoor water activities.

Students are also required to wear the school bucket hat that protects their face, neck and ears.

Sunglasses

Students and staff are encouraged to wear close fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

Sunscreen

The use of SPF 50+ broad spectrum, water resistant sunscreen is encouraged. When on camps and long periods outside, students are required to reapply sunscreen every two hours. Parents are required to read and sign the Sun Safety Consent form (Attachment A) on enrolment.

Hydration

Students should bring their own water bottle to school each day and are encouraged to drink water throughout the day.

Role Modelling

Staff will be encouraged to:

- wear sun protective clothing, hats (that cover the head, face, ears and neck) and sunglasses outside
- apply SPF 30+ broad spectrum, water resistant sunscreen
- seek shade whenever possible

Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses and sunscreen) when participating in and attending outdoor school activities.

Sharing Information about Sun Protection

The children learn about skin and ways to protect their skin from the sun as a part of the Health and Physical Education Curriculum.

Staff and families are provided with information on sun protection through newsletters and on enrolment.

When enrolling their child families are:

- Informed of the school sun protection policy
- Informed of the compulsory school uniform and hat policy
- Encouraged to apply sunscreen to their children before coming to school
- Encouraged to practice sun smart behaviours themselves when at the school
- Required to complete the Sun Smart Consent Form.
- Informed that their child/ren must have a water bottle at school every day

SCHOOL PROCESSES

- Sun Safety Consent Form (Attachment A) is included in the enrolment pack
- Sunscreen allergies are recorded in Medical Notes on SAMS

REFERENCES

Cancer Council NT 2013 <http://www.sunsmart.com.au/>

Safe Work Australia: Guidance note for the protection of workers from the ultraviolet radiation in sunlight. <http://www.safeworkaustralia.gov.au/NR/rdonlyres/7D35C520-466D-478E-B639-12DF4E7D7151/0/UVGuidancenote.pdf>

Date Ratified by Durack School Board: November 2024

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