



COLONEL LIGHT GARDENS PRIMARY SCHOOL SUN SMART POLICY

This policy is implemented from the beginning of Term 4 until the end of Term 1.

The purpose of the policy is to ensure that all students attending Colonel Light Gardens Primary School are supported in practical ways to protect themselves from skin damage caused by the harmful ultraviolet rays of the sun. Damage to the skin begins in infancy and sun exposure during the first 20 years of life, sets the scene for later onset of sun-damaged skin and skin cancer. When the UV radiation level is 3 or above it is strong enough to damage unprotected skin. In South Australia UV levels are 3 and above every day from the beginning of September until the end of April making this the most important time for skin protection. (from the Cancer Council of SA website) Colonel Light Gardens Primary School has a No Hat, Play in the Shade policy for Terms 1 and 4.

This policy means that:

1. Students will wear sun protective clothes (not tank tops, singlets) for all activities.
2. Students will wear broad brimmed or legionnaire style hats whenever they are playing outside or involved in outside activities. This includes hats for out of school hours sporting activities, school excursions and out of school hours care program. Students are required to wear a style of hat that gives protection to the face, neck and ears. Hats must be worn in Terms 1 and 4 during recess and lunchtimes and for all outdoor lessons. Students without appropriate hats will be required to sit or play in a designated shaded area. For health reasons, hats cannot be 'on loan' if a student has forgotten or lost his/her hat. Additionally, special school events in terms 2 and 3 may require hats to be worn e.g. Sports Day. Families would be notified in advance on a case-by-case basis. Children are encouraged also to wear a hat to and from school. Hats should be in school colours. Sunsafe hats are available from the uniform shop.
3. Students, who are not wearing hats, are to spend play times in the shade area under the big pine tree. No hat – sit under the shelter.
4. Staff, OHSC staff and sporting coaches and co-ordinators are encouraged to be positive role models who practice sun smart behaviours.
5. The school will maintain, upgrade and endeavour to increase the number of sheltered and shaded areas.
6. The school will incorporate sun smart and heat safe activities into teaching programs and will endeavour to program out of doors activities at appropriate times.
7. Students are encouraged to bring and apply their own water resistant SPF 30+ broad spectrum sun screen prior to outdoor activities and especially for swimming activities, to all exposed areas of the body.
Please note: T-shirts or sun suits to be worn for all outdoor swimming activities.
8. Children are encouraged to have a bottle of water on their desk at all times to keep their brain hydrated.

On enrolment of their child at Colonel Light Gardens Primary School,

Parents Will:

- Be informed of the Sun Smart Policy, in the School Information Booklet
- Be required to provide a suitable hat everyday for their child's use in all outdoor activities (refer to point 2 above for suitable styles)
- Provide 30+ broad-spectrum sunscreen for their child's daily use at school.
- Be encouraged to practise skin protection behaviours themselves, as positive role models for their children and to reinforce the Sun Protection Policy to their children.