



Sun Smart POLICY

February 2018

SUN SMART POLICY

Please note: To comply with SunSmart guidelines, sun protection is used during terms 1, 3 and 4, and whenever UV levels reach 3 and above at other times.

This policy applies to all school events on and off-site.

RATIONALE

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure in the first ten years of life is a major factor in determining future skin cancer risk.

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.

OBJECTIVES

This SunSmart policy has been developed to:

- encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above
- work towards a safe school environment that provides shade for students, staff and the school community at appropriate times
- ensure all students and staff have some UV exposure for vitamin D
- assist students to be responsible for their own sun protection
- ensure that families and new staff are informed of the school's SunSmart policy.

Staff are encouraged to access the daily local sun protection times to assist with the implementation of this policy.

SUN PROTECTION MEASURES

Local policy

When the temperature just prior to either recess or lunch break exceeds **36 degrees Celsius** students are to remain in their classrooms.

Staff in the Front Office will use the Bureau of Meteorology Website to decide if it is 'Hot Weather' or not. 'Hot Weather' will be indicated by the normal recess siren and / or lunch play siren at 1:05p.m. followed immediately by 3 short blasts.

Teachers on recess duty can also assess whether the temperature is excess of 36 degrees and if so, a yard duty teacher can send someone to, text or ring the office to sound three sirens to return

children to their rooms. If the temperature has been forecast not to exceed 36 degrees but yard duty teachers believe the temperature has exceeded 36 degrees, a yard duty teacher can send someone to, text or ring the office to sound three sirens to return students to their room.

The Discovery Centre, traditionally, has a separate Hot / Wet Weather yard duty roster.

NIT teachers will work with identified classes to release teachers for a break.

2018 the Arts specialist teacher will support Room 31, the Japanese specialist teacher will support Rooms 12 and 13 and the P.E. specialist teacher will support Rooms 1 and 3.

Outcomes for All and Literacy and Numeracy First teaching staff will share canteen duty.

It is teachers' responsibility to ask Leadership to support with a break, if required, during Hot / Wet weather.

East Para Primary School uses a combination of sun protection measures for all outdoor activities during terms 1, 3 and 4, and whenever UV levels reach 3 and above at other times.

1. Clothing

Sun protective clothing is included in the school uniform/dress code and sports uniform. The clothing is cool, loose fitting and made of closely woven fabric. It includes shirts with collars and elbow length sleeves, longer style dresses and shorts and rash tops or t-shirts for outdoor swimming.

2. Sunscreen

Students must provide their own SPF 30 or higher broad spectrum, water resistant sunscreen and/or the school supplies SPF 30 or higher broad spectrum, water resistant sunscreen for staff and student's use.

Sunscreen is applied at least twenty minutes before going outdoors and reapplied every two hours. Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).

Families with children who have naturally very dark skin are encouraged to discuss their vitamin D requirements with their GP or paediatrician.

3. Hats

All students and staff are required to wear hats that protect their face, neck and ears.

Wide brimmed, Bucket or Legionnaire hats as approved by the Anti-Cancer Foundation, are **compulsory** during all play periods and outdoor classroom activities. Baseball or peak caps are not acceptable.

Hats are not to have cords.

In accordance with the Anti-Cancer "Sun Safe" policy, hats are NOT required in Term 2 only.

This advice was a result of studies which clearly demonstrated that large numbers of children were low in Vitamin D.

Of course children are allowed to wear hats all year round, and if there are hot days in Term 2 or July/August, the wearing of an appropriate hat is advisable.

4. Shade

A shade audit is conducted regularly to determine the current availability and quality of shade. The school Governing Council makes sure there is a sufficient number of shelters and trees providing shade in the school grounds, particularly in areas where students congregate e.g. canteen, eating areas and popular play areas.

The availability of shade is considered when planning excursions and all other outdoor activities. In consultation with the school Governing Council, shade provision is considered in long term Planning for future buildings and grounds.

Care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these times or in the shade where possible. Sports days and other outdoor events to be held during term 2 or earlier in the day where practical.

Students are encouraged to use available areas of shade when outside. Students who do not have appropriate hats or clothing are asked to play in the shade or a suitable area protected from the sun.

5. Sunglasses [optional]

Students and staff are encouraged to wear close fitting, wraparound sunglasses that meet the Australian Standard AS/NZS 1067:2003 (Sunglasses: lens category 2, 3 or 4) and cover as much of the eye area as possible.

6. Staff WHS and role modelling

As part of WHS UV risk controls and role modelling, when the UV is 3 and above staff will:

- wear sun protective hats, clothing and sunglasses when outside
- apply SPF 30 or higher broad spectrum, water resistant sunscreen
- seek shade whenever possible.

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

7. Curriculum

Programs on skin cancer prevention are included in the curriculum for all year levels.

SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school webpage, parent meetings, staff meetings, school assemblies, student and teacher activities and in student enrolment packs.

POLICY REVIEW

The school council and staff regularly monitor and review the effectiveness of the SunSmart policy (at least every three years) and revise the policy when required.

Date of next policy review Term 1, 2018

RELEVANT RESOURCES

Sun protection times: The sun protection times show when the UV is forecast to be 3 and above. They can be accessed via the free SunSmart app, the free widget to place on your website (download via www.cancersa.org.au/sunsmart-apps), in the weather section of the newspaper or the Bureau of Meteorology website www.bom.gov.au/sa/uv.

Creating effective shade: This online shade audit tool allows you to assess whether your existing shade is adequate. It also helps you develop a list of practical recommendations to improve both built and natural shade. Visit www.sunsmart.com.au/shade-audit.

Generation SunSmart: Fun and interactive online sun protection modules for teachers, school nurses and year 6-9 students. Visit www.generationsunsmart.com.au.

SunSmart millionaire: How SunSmart are you? An innovative online game-based resource for children aged 9-13 years that promotes the science behind the SunSmart message. Visit: <http://lrrpublic.cli.det.nsw.edu.au/lrrSecure/Sites/Web/sunsmart/>.

Cancer Council SAPO Box 929 Unley BCSouth Australia 5061
t +61 8 8291 4265f +61 8 8291 4268e sunsmart@cancersa.org.au
Cancer Council 13 11 20www.sunsmart.org.au

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