

Sun Smart Policy and Inclement Weather Procedures

Sun Smart Policy

Please note: To comply with Sun Smart 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 during childhood and adolescence 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. Sensible sun protection when UV is 3 and above does not put people at risk of vitamin D deficiency.

Objectives

This Sun Smart 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
- assist students to be responsible for their own sun protection
- ensure that families and new staff are informed of the school's Sun Smart policy.

Staff are encouraged to access the daily local sun protection times each morning for our location using the free Sun Smart Global UV app, SunSmart widget, myuv.com.au or the Bureau of Meteorology website to support the implementation of sun protection at the school.

Legislation

Work Health and Safety Act 2012

Sun Protection measures

LOCAL POLICY

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. Rash tops or t-shirts over bathers are recommended for outdoor swimming activities.

2. Sunscreen

Families and staff are asked to provide their own SPF 50 or higher broad spectrum, water resistant sunscreen and/or the school supplies SPF 30 or higher broad spectrum, water resistant sunscreen. Families with children who are concerned about vitamin D requirements are encouraged to speak to their GP or paediatrician. Students are encouraged to apply sunscreen before or upon arriving at school.

Students are reminded to apply sunscreen before going outdoors. Time is provided to apply sunscreen before going outdoors. Sunscreen is applied at least 20 minutes before going outside and reapplied every two hours if remaining outdoors. Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).

3. Hats

All students and staff are required to wear hat that protect their face, neck and ears e.g. legionnaire, broad brimmed or bucket hats whenever they are outside. Baseball or peak caps are not acceptable.

The school has a limited number of spare hats available for student use.

In accordance with DfE policy hats are not to have cords.

Children are allowed to wear hats all year round, and are required to wear them during Terms 1, 3 and 4 and whenever the UV is 3 and above at other times.

Students who are not wearing a SunSmart hat or appropriate clothing are asked to play in the undercover canteen area.

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, outdoor lesson 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 plans 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 1067:1:2016 (Sunglasses: lens category 2, 3 or 4) and cover as much of the eye area as possible. Novelty tinted glasses do not protect against UV radiation and are not recommended.

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(optional) when outside

- apply SPF 50 or higher broad spectrum, water resistant sunscreen
- seek shade whenever possible.

Families and visitors are encouraged to be positive role models and 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 sun protection prevention are included in the curriculum for all year levels.

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

EPPS OSHC

Before school care: sun protection is not required as the UV radiation levels are rarely 3 and above during this time. During terms 1, 3 and 4 it is recommended to apply sunscreen to assist with sun protection for the remainder of the day

After school care: sun protection is required during terms 1, 3 and 4, and whenever the UV is 3 and above at other times. Staff are encouraged to access the daily local sun protection times to determine if sun protection measures are required during terms 2.

Vacation care: sun protection is required for all outdoor activities from 1 August to 30 April and whenever the UV is 3 and above at other times.

Inclement Weather

Inclement Weather procedures

Hot Weather Procedures

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 followed immediately by 3 short blasts.

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, text or ring the office to sound three sirens to return students to their room.

Wet Weather Procedures

On days when wet weather prevents outside play, children will remain indoors.

If the wet weather occurs during play periods, the siren will be sounded three times to indicate to the children they are to return to their classroom area. Students must remain in for the remainder of the play period. If the oval is too saturated, it will be closed. A yellow chain will be placed up between the hall and the trees to signal the oval is closed.

If the Oval is Closed

The oval teacher will open the library on days when the oval is closed. **If the bell is rung 3 times at any time during play periods then all classes remain inside for the duration of that break period.**

Classroom Support Roster for Inclement Weather

Refer to Inclement Weather Plan on Teams.

If a staff member is absent or does not show up for their duty please ring leadership so they can come down to your class and support.

Policy review

The Governing Council and staff regularly monitor and review the effectiveness of the Sun Smart policy (at least every three years) and revise the policy when required.

Date of next policy review Term 1 2027.

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 Global UV app, the free widget to place on your website (download via <https://www.cancersa.org.au/cut-my-risk/sunsmart/resources/sunsmart-app-and-widget>), myuv.com.au, in the weather section of the newspaper or the Bureau of Meteorology website <http://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 <http://www.sunsmart.com.au/shade-audit>.

Generation SunSmart

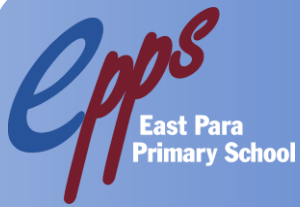
Fun and interactive online sun protection modules for teachers, school nurses and year 6-9 students. Visit <http://www.generationsunsmart.com.au/>.

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: <https://app.education.nsw.gov.au/rap/resource/access/a0d1bab8-c857-4bf6-9b95-640d3776b20d/1>

SunSmart Hat-Wearing Toolkit

Leads staff through simple steps, with useful tips and resources to reinforce current SunSmart hat-wearing behaviour to reach 100% compliance or to phase out baseball caps. Visit <https://www.cancersa.org.au/prevention/sunsmart/sunsmart-resources/hat-wearing-toolkit>



East Para Primary School

Respect
Integrity
Trust
Caring
Honesty
Responsibility



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