

OLD NOARLUNGA PRIMARY SCHOOL SUNSMART POLICY

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 10 years of life is a major factor in determining future skin cancer risk.

Too little UV 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 and families are encouraged to access the SunSmart UV Alert at <https://www.cancersa.org.au/cut-my-risk/sunsmart/resources/sunsmart-app-and-widget> to find out daily, local UV level and sun protection times to assist with the implementation of this policy.

The school uses a combination of sun protection measures for all outdoor activities from 1 August to 30 April and whenever UV levels reach 3 and above at other times (UV levels will be checked daily in May). Extra care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these times where possible.

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 vests or t-shirts for outdoor swimming.

2. Sunscreen

Students are encouraged to apply their own SPF 30 or higher broad spectrum, water resistant sunscreen, each morning from 1 September to 30 April and whenever UV levels reach 3 and above at other times of the year.

The school supplies SPF 30 or higher broad spectrum, water resistant sunscreen for staff and student's use. Each classroom has their own supply of sunscreen.

Sunscreen is applied at least twenty minutes before going outdoors and reapplied every two hours if outdoors for an extended period and/or if involved in water activities.

Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).

With parental consent, students with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements.

3. Hats

All students and staff are required to wear hats that protect their face, neck and ears e.g. legionnaire, broad brimmed or bucket hats, whenever they are outside in Terms 1, 3 and 4 and when the UV is 3 and above in Term 2. School staff will check the UV index and advise students of the requirements on a day to day basis throughout Term 2.

Baseball or peak caps are not acceptable.

4. Shade

A shade audit is conducted regularly (annually) to determine the current availability and quality of shade.

The 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 popular play areas.

The availability of shade is considered when planning excursions and all other outdoor activities.

In consultation with the Governing Council, shade provision is considered in plans for future buildings and grounds.

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 a suitable area protected from the sun (at most times of the day this is outside the administration building).

5. Sunglasses [optional]

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

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 twenty minutes prior to going outdoors
- 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.

Curriculum

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

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

Policy review

The Governing 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, 2022

Relevant resources – available from www.cancersa.org.au/sunsmart

SunSmart UV Alert and widget:

available as a free online SunSmart app via <https://www.cancersa.org.au/cut-my-risk/sunsmart/resources/sunsmart-app-and-widget>, or as a free widget to place on your website. The UV Alert shows when the UV is forecast to be 3 or above and sun protection times. The UV radiation levels and sun protection times can also be found at the Bureau of Meteorology via www.bom.gov.au/sa/uv

Create your own SunSmart poster:

online SunSmart poster templates (www.sunsmartposter.com.au) where children choose the scene, text, upload an image of their own face to place into the scene and print off their very own poster with them as the SunSmart star. There are sun protection, vitamin D, beach and playground posters to choose from.

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*

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