

# 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 to find out daily, local UV level and sun protection times to assist with the implementation of this policy at:

<https://www.cancersa.org.au/cut-my-risk/sunsmart/resources/sunsmart-app-and-widget>

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.

Sunscreen will be encouraged and available each day in all terms.

## **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, 2, 3 and 4.

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 (all year round), 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 2, 2024

*Updated 31/05/2021*

