



ABERFOYLE HUB PRIMARY SCHOOL

We Value Relationships, Responsibility, Resilience and Respect

Sun Smart Policy

Updated May 2021

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 critical 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. Sun Smart behaviour promotes the wearing of protective clothing, sunscreen and utilising shaded areas.

AIM

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 families and new staff are informed of the school's sun protection policy.

PROCEDURES

The following behaviours and actions are to be implemented in **Terms 1, 3 and 4 and when the UV is 3 and above at other times**. Staff are encouraged to access the **daily local sun protection times (Noarlunga)** on the **SunSmart app**, www.bom.gov.au or www.myuv.com.au/, at break times and before outdoor activities to assist with implementing this policy.

Curriculum:

- Each year teachers will incorporate the Sun Smart Policy, promoting a positive attitude to sun protection and skin cancer prevention, through the Health and Physical Education curriculum.
- The policy will be positively supported and promoted through assemblies, newsletters and displays.
- Teachers will encourage an awareness of the dangers of high risk UV exposure and the lifestyle practices required to protect oneself from sun damage throughout the year.
- A combination of skin protection measures are considered when planning outdoor lessons and events e.g. PE lessons, camps, excursions, and sporting activities.

Clothing (including hats):

- Parents/caregivers will be responsible for providing their child with the appropriate Sun Smart clothing- including tops with collars and longer style sleeves, and longer style shorts, dresses and skirts - and support staff in the implementation of this policy.
- The school uniform will incorporate appropriate clothing for sun protection – e.g. polo shirts and hats – see separate school uniform policy.
- Rash tops or t-shirts over bathers are required for outdoor swimming activities.
- **All staff and students will wear a broad brimmed (at least 6cm for students and 7.5cm for adults), legionnaire or bucket style (bucket styles must have a deep crown and at least 5cm brim for students and 6cm for adults) hat while involved in outdoor activities during terms 1, 3 and 4, and when the UV index reaches 3 at all other times.**
Baseball or peak caps are not acceptable. Students without appropriate hats or clothing may play or sit only in the undercover courtyard or verandah outside the Resource Centre.

Sunscreen:

- The use of SPF 30+ (or higher) broad spectrum, water resistant sunscreen is required, with time for children to apply provided. Families are to supply a suitable sunscreen for their child's use. When the UV is 3 and above sunscreen will be applied approx. 20 min before going outdoors and reapplied every 2 hours when outdoors.

Staff WHS and Role Modelling:

- Students / parents / caregivers will be encouraged to be responsible for their own Sun Smart behaviour and are encouraged to check the daily sun protection times via the Bureau of Meteorology website or the SunSmart app.
- Appropriate Sun Smart behaviour will be modelled by Staff to reinforce the policy including wearing appropriate hats, clothing, sunscreen and sunglasses and seeking shade when outdoors.
- High risk teachers such as Physical Education teachers must take appropriate sun protection measures year round.
- Parents/caregivers are expected to model Sun Smart behaviour for all outdoor school activities.

Shade:

- The school community will continue to develop long term shade strategies for the school grounds by monitoring existing shaded areas and extending/increasing if necessary and encouraging children to use these areas.
- Care is taken during the peak UV radiation times, and outdoor activities are scheduled outside of these times or in the shade where possible.
- Students are actively encouraged to use available areas of shade for outdoor activities.

Policy Review:

- Governing Council, WHS Committee and staff regularly monitor and review the effectiveness of the Sun Smart Policy (every two years) and revise the policy when required.