WALKERVILLE PRIMARY SCHOOL
SunSmart Policy

The school uses a combination of sun protection measures for all outdoor school activities during terms one, three and four, and *whenever UV levels reach 3 and above at other times.*

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

Staff access the daily sun protection times via the on-line Staff Diary (on big screen in the staffroom and personal devices) to find out daily local sun protection times to assist with the implementation of this policy. Daily sun protection times are obtained via the SunSmart app, www.myuv.com.au or www.bom.gov.au.

The school uses a combination of sun protection measures for all outdoor activities. These include:

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
- The school also has compliant sunscreen available for staff and student use if their own sunscreen is not available
- Parents are strongly encouraged to apply sunscreen to their children at home before school
- Students are required to apply SPF 30 or higher broad spectrum, water resistant sunscreen twenty minutes before outdoor activities and reapply every two hours when outdoors
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors and sunscreen buddies)
- Families with children who have naturally very dark skin are encouraged to discuss their vitamin D requirements with their GP or paediatrician
- In line with protective practices, staff will *not* apply sunscreen directly to students' skin, but will encourage, remind and supervise students self-applying sunscreen.

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. These hats are part of the compulsory school

uniform and are available for purchase at the School Uniform Shop. Baseball or peak caps are not acceptable.

4. Shade

- While UV is not related to air temperature, students remain indoors at recess and lunchtimes when the heat is extreme (37 degrees or above at 11am or 1pm) in line with the school's Hot Weather Policy, thus also protecting them from UV on those occasions
- A shade audit is conducted regularly to determine the current availability and quality of shade.
- The school Governing Council ensures there is a sufficient number of shelters and trees providing shade in the school grounds, particularly in areas where students congregate (e.g. gym, outdoor lesson areas and popular play areas)
- The availability of shade is considered when planning excursions and all other outdoor activities
- Shade provision is considered in plans for future building and grounds developments
- 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 two 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. Consequences for repeat occurrences are in line with standard school uniform / behaviour management policies.

Adult Health and Safety 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.

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 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.

June 2018

UV Index

11+	Extreme
8,9,10	Very High
6,7	High
3,4,5	Moderate
1,2	Low

Sun protection is generally not needed unless outside for extended periods

5 ways to protect yourself

Slip on sun-protective clothing

Slop on SPF30+ sunscreen. Reapply every 2 hours

Slap on a broad brimmed hat

Seek shade

Slide on wrap-around sunglasses