

Seaford K-7 School

SUN SMART POLICY

This policy applies to all school events on and off site.

Rationale

A balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Exposure to the sun's UV during childhood and adolescence is associated with an increased risk of skin cancer in later life. 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.

Purpose

This SunSmart policy provides guidelines to:

- Ensure all students and staff have some UV exposure for vitamin D.
- Ensure all students and staff are well protected from too much UV exposure by using a combination of
- Ensure the outdoor environment is sun safe and provides shade for students and staff.
- Ensure students are encouraged and supported to develop independent sun protection skills.
- Support duty of care requirements
- Support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors

Procedures

- Staff and students are encouraged to access the daily local sun protection times at sunsmart.com.au or on the free SunSmart app to assist with the implementation of this policy.
- A combination of sun protection measures are used for all outdoor activities **in Terms 1, 3 and 4** and whenever UV levels reach 3 and above.
- Families and new staff are informed of the school's SunSmart policy.

Healthy physical environment

1. Seek 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. lunch, canteen, outdoor lesson areas and popular play areas.
- The availability of shade is considered when planning all other outdoor activities and excursions.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats are asked to play in the shade.

Healthy social environment

2. Slip on sun protective clothing

- Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is cool, loose fitting and includes shirts with collars and longer style dresses.

3. Slap on a hat

- **All** students and staff are required to wear hats that protect their face, neck and ears, i.e. bucket hats, whenever they are outside in **Terms 1, 3 and 4**. Baseball or peak caps and visors are not considered a suitable alternative.

4. Slop on sunscreen

- Students must provide their own SPF 30 or higher broad spectrum, water resistant sunscreen or the school supplies SPF 30 or higher broad spectrum, water resistant sunscreen for staff and student's use.
- Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every two hours if outdoors.
- 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.

5. Slide on sunglasses [if practical]

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

6. Staff WHS and role modelling

As part of WHS UV risk controls and role modelling, staff will:

- wear sun protective hats, clothing and sunglasses when outside
- apply SPF 30 or higher broad spectrum, water resistant sunscreen
- seek shade wherever possible

7. Outdoor Events

- Staff and parents will encourage that adequate protection is used when children are in the sun for a prolonged time (ie Sports Day, Excursions, SAPSASA activities). Parents and other family members will be encouraged to follow sun smart practices when at school events.
- Such protection being :
 - A Wide-brimmed hat.
 - Suitable and appropriate clothing (ie shirts with collars and elbow length sleeves, longer style shorts)
 - Sun-screen (SPF 30 broad spectrum and water resistant) Reapplied every two hours
 - Regular fluid intake
 - Use of the shade of trees, pergolas, umbrellas and tents

8. Curriculum

- SunSmart behaviour is regularly reinforced and promoted through the school newsletter, staff meetings, assemblies and the school website.

HOT WEATHER

Days of extreme heat

- On days of extreme heat, where the forecast temperature is 35° or over, Leadership will check the forecast prior to break times. If the temperature at that time is 35 or above, children will be kept inside during break times and no classes will be conducted in outdoor areas.