

# Penola Primary School SunSmart Policy



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

## Rationale

A balance of ultra-violet (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 ten 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

Penola Primary School's 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 Penola Primary School's SunSmart policy

Staff are encouraged to access the SunSmart AV Alert at [www.bom.gov.au/sa/uv](http://www.bom.gov.au/sa/uv) to find out daily local sun protection times to assist with the implementation of this policy.

The school uses a combination of sun protection measures for all outdoor activities during terms 1 and 4, from the first week of August during term 3 and whenever UV levels reach 3 and above at other times.

Care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these times where possible. Sports days and other outdoor events to be held during term 2 or earlier during the day where practical.

## 1. Clothing

Sun protective clothing is included in the school uniform and sports uniforms. The clothing is cool, loose fitting and made of closely woven fabric. It includes shirts with collars, longer style dresses and shorts and rash tops/t-shirts for outdoor swimming.

## 2. Sunscreen

- The school will supply each classroom with SPF 30 or higher broad spectrum, water resistant sunscreen for staff and student's use.
- Sunscreen is supplied 20 minutes before going outdoors and reapplied every two hours.
- 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. Baseball or peak caps are not acceptable.

### 4. Shade

- A shade audit is conducted every three years to determine the current availability and quality of shade.
- The parent volunteer group 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. canteen, outdoor lesson areas and 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 sit under a shaded area during play or outdoor activity.

### 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
- Seek shade whenever possible

### 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.

### 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.....**

