



Girraween Primary School SunSmart Policy

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. 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. As the UVR level is often above 3 outside of peak UV periods, the UVR level must be checked daily to ascertain when sun protection is required outside peak UV periods.

Aims:

Girraween Primary School's SunSmart policy has been developed to ensure all children and staff are protected from damaging levels of ultraviolet (UV) radiation from the sun.

Implementation:

SunSmart behaviour is regularly reinforced and promoted to the whole-school community through newsletters, the school website, parent meetings, staff meetings, school assemblies, student and teacher activities, and on student enrolment.

When enrolling their child, families are:

- informed of the school's/preschool's sun protection policy
- asked to provide a suitable broad-brimmed hat for their child
- required to give permission for staff to apply sunscreen to their child on excursions and for sporting events.

Procedure:

Sun protection is required all year round as UVR is always high (6-7), very high (8-10) or extreme (11+) during peak UV periods between 10 am and 3 pm.

This SunSmart Policy has been developed to:

- ensure all students and staff have some UV exposure for vitamin D
- encourage the entire school community to use a combination of sun protection measures
- 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.

Shade

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- The school council makes sure there is a sufficient number of shelters and trees providing shade in the school grounds, particularly in areas where students congregate, such as the canteen, outdoor lesson areas and popular play areas.
- The availability of shade is considered when planning excursions and other outdoor activities.

- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- Students are encouraged to use available areas of shade when outside.
- Children who do not have appropriate hats or outdoor clothing must only play under hard shade rather than a tree or shade cloth. We have implemented the school rule of 'No hat, no play'.

Clothing

- Sun protective clothing is included in our school uniform/dress code and sports uniform. School clothing is cool, loose fitting and made of densely woven fabric. It includes shirts with collars and elbow-length sleeves. Shorts and skirt lengths will extend as close to the knee as possible.
- Parents are advised to send their children in appropriate clothing on camp and free-dress days (please note: cap sleeves are not considered sun protective and are therefore not accepted.)
- Staff are encouraged to follow the same guidelines.

Hats

- **All** students and staff are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad-brimmed or bucket hats, whenever they are outside. Baseball or peak caps and visors are not considered a suitable alternative. Our school sells bucket hats that are made from recycled materials and approved by the NT Cancer Council.

Sunglasses [OPTIONAL]

- Where practical, students 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.

Sunscreen

- Students provide their own SPF 30 or higher broad spectrum, water resistant sunscreen for excursions.
- The school supplies a Cancer Council SPF 30 or higher broad spectrum, water-resistant sunscreen for staff and students' use and encourages students to apply regularly if they have parental consent.

Staff OHS and role modelling

As part of OHS UV risk controls and role-modelling, when the UV is 3 and above, staff:

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

Evaluation:

The school council and staff regularly monitor and review the effectiveness of the SunSmart policy (at least once every three years) and revise the policy when required by completing a policy review and membership renewal at sunsmart.com.au.

Reviewed by School Council: 2017

Next review: 2020