



Preschool
St Joseph's Hindmarsh

Policy

Sun Protection



CONTEXT

Moderate 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 index level forecast is 3 and above does not put people at risk of vitamin D deficiency.

SCOPE OF POLICY

To ensure that all students attending school and/or participating in school approved activities both on and offsite are protected from skin damage caused by harmful ultra-violet rays. This policy applies to St Joseph's School Hindmarsh, Preschool and Out of School Hours Care.

POLICY

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
- promote an awareness of the importance of environmental conditions in our school
- ensure families and new staff are informed of the school's SunSmart policy.

Staff are encouraged to access the daily local sun protection times on the SunSmart app or <http://www.myuv.com.au/>, to assist with the implementation of this policy.

RESPONSIBILITY FOR IMPLEMENTATION, MONITORING, AND CONTINUAL IMPROVEMENT

EDUCATION

- Incorporating sun and heat protection activities in the curriculum including reflecting on the reasons for sun protection over the winter months and the importance of maintaining adequate vitamin D levels in children
- Modelling of good sun and heat protection strategies by School Staff and Parents
- Obtaining information and advice from The Cancer Council South Australia for students and Staff
- At the beginning of the year consequences of sun safe behaviours will be taught within the curriculum.

OUTDOOR ACTIVITIES

- Outdoor activities, such as Physical Education lessons, will, whenever possible, be scheduled in the early part of the school day, or will be held in shaded areas
- Encouraging students to avoid direct exposure to the sun at recess and lunch times during days of high heat, by suggesting they play in the shaded areas and shelters. (Children will stay indoors on days of extreme heat)
- Ensure students avoid direct exposure to the sun by rescheduling of outdoor activities on days of extreme heat (temperature over 35 degrees Celsius), especially from the beginning of September until the end of April, between 10.00am and 3.00pm and when UV is 3 and above, outside these times
- After school, students will be encouraged to wait in shaded areas until they have been collected from school.

The school uses a combination of sun protection measures for all outdoor activities during terms one, three and four (or 1 August to 30 April), and whenever UV levels reach 3 and above at other times.

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.

SUNSCREEN

- Students will be required to provide their own SPF 30 or higher broad spectrum, water resistant sunscreen. Parents are responsible for ensuring that the sunscreen they provide their child is NOT out of date. The school will have sunscreen available on excursions, however the student will need to apply their own sunscreen, Students with allergies will not be provided with the school's sunscreen
- It is advised that students apply Sunscreen before coming to school
- Strategies are in place to remind students to apply sunscreen before going outdoors
- Families are encouraged to discuss their vitamin D requirements with their GP or pediatrician.

HATS

All students and staff are required to wear hats that protect their face, neck and ears e.g. broad brimmed or bucket hats, whenever they are outside. Baseball or peak caps are not acceptable.

SHADE

- The availability of shade is considered when planning excursions and all other outdoor activities
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds
- 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.

SUNGLASSES (OPTIONAL)

Students and staff are encouraged to wear close fitting, wraparound sunglasses that meet the Australian Standard AS/NZS 1067.1:2016 (Sunglasses: lens category two, three or four) and cover as much of the eye area as possible.

THE RESPONSIBILITY OF THE PARENT

- Parents who wish their children to be protected from the sun in the first part of the day should ensure that sunscreen is applied before the children leave for school
- Parents to help their children learn how to apply sunscreen by themselves.

THE RESPONSIBILITY OF THE STAFF

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
- staff are encouraged to wear sunscreen each day and to reapply it when necessary. Sunscreen for staff use will be kept in the staffroom
- ensure that water is available for both themselves and the children in their care.

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.

OUTDOOR ACTIVITIES

- For lengthy outdoor events, e.g. Sports Carnivals, breaks will be scheduled for additional sunscreen to be applied (Responsibility: Sports coordinator)
- Camps/Excursions. The amount of time spent outside will be determined taking into account the risk factor of the UV radiation. (Responsibility: Camp organisers)

SCHEDULING OF OUTDOOR ACTIVITIES

- Teachers to timetable use of indoor facilities when appropriate.
- When timetabling outdoor activities consideration is to be given to appropriate UV protection safeguards. These include:
 - Times of the year when UV radiation levels are highest
 - Times of the day recognised as periods of maximum radiation intensity
 - Use of hats and sunscreen (and sunglasses if owned and where appropriate e.g. excursion)
 - Use of appropriate shade areas
 - Taking due care against UV radiation from surrounding surfaces.

HOT WEATHER POLICY

- On days when the estimated maximum temperature of 35 degrees is reached, as displayed by the Bureau of Meteorology, students will remain in classrooms during play time
- Allowing students to stop at frequent intervals on very hot days to take drinks. Students are allowed to keep a drink in their classrooms
- An early dismissal policy will not apply at St Joseph's School Hindmarsh as the school is fully air conditioned. Please refer to the school's extreme weather policy for guidelines about heat waves.

CANCELLATION OF SPORTS

If the official temperature as advised in the morning forecast on radio is 35°C or greater, any scheduled after school sport practices or games will be cancelled, and parents may collect their children from school at normal finishing time.

RELEVANT RESOURCES

- **Sun protection times:** The sun protection times show when the UV is forecast to be 3 and above. They can be accessed via the free SunSmart app, the free widget to place on your website (download via <https://www.cancersa.org.au/cut-my-risk/sunsmart/resources/sunsmart-app-and-widget>), in the weather section of the newspaper or the Bureau of Meteorology website <http://www.bom.gov.au/sa/uv>
- **Creating effective shade:** This online shade audit tool allows you to assess whether your existing shade is adequate. It also helps you develop a list of practical recommendations to improve both built and natural shade. Visit: <http://www.sunsmart.com.au/shade-audit>
- **Generation SunSmart:** Fun and interactive online sun protection modules for teachers, school nurses and year 6-9 students. Visit: <http://www.generationsunsmart.com.au/>
- **SunSmart millionaire:** How SunSmart are you? An innovative online game-based resource for children aged 9-13 years that promotes the science behind the SunSmart message. Visit: <http://lrrpublic.cli.det.nsw.edu.au/lrrSecure/Sites/Web/sunsmart/>



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Chairperson Dated: 23 November 2021



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