

## St Peters Lutheran School Blackwood



God in all things

# Sun Protection Policy

Reviewed June 2018

Next review due June 2021

## St Peters Lutheran School's SunSmart Policy

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

### 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 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

This SunSmart policy has been developed to:

- encourage the entire school community to use a combination of sun protection measures whenever the UV Index level reaches three 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 the school's SunSmart policy.

Staff are encouraged to access the phone app **SunSmart** UV Alert or access [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. Both sources provide information on the recommended times for sun protection.

This information will be disseminated to staff at morning devotion or via the *Daily Notices* and will be enforced for the day, even if there is an unexpected change in the weather forecast. The direction will provide details of the times that hats are to be worn. (ie with a sun protection recommendation between 1130 and 1315 hats would be worn at lunch time only.)

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

**During Term 2** hats are not worn unless the UV level is 3 and above.

**During Terms 1, 3 & 4** hats are worn for all outdoor activities.

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 are held during the cooler months or earlier in the day where practical.

### IMPLEMENTATION:

#### 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 supplies SPF 30 or higher broad spectrum, water resistant sunscreen for staff and occasional student's use. This is included on the school's booklist each year.

Sunscreen is applied at least twenty minutes before going outdoors and reapplied every two hours if staying outdoors for an extended period. Teachers are also encouraged to model appropriate SunSmart behaviours. Parents of junior primary students are encouraged to sunblock their children before school

At the beginning of each term, class teachers instruct students on the correct application of sunscreen. The use of sunscreen is promoted during terms 1, 3 & 4 when UV levels are anticipated to be 3 and above.

Extra care in the winter months is required on clear, sunny days in early May and late August when the UV levels may reach 3 and above in the middle of the day and if children are outside for long periods of time. Sun blocking is then dependent on the predicted UV reading for the day.

With parental consent, students with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements.

### 3. Hats (when UV risk moderate; ie 3 and above)

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 in . Baseball or peak caps are not acceptable.

### 4. 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 e.g. eating areas, 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 school 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 in the shade or a suitable area protected from the sun (ie no hat, no play).

### 5. Sunglasses [optional]

Students and staff are encouraged to wear close fitting, wraparound sunglasses that meet the Australian Standard AS/NZS 1067:2003 (Sunglasses: lens category 2, 3 or 4) and cover as much of the eye area as possible.

### Staff WHS 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 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, whole school meetings, student and teacher activities and in student enrolment packs.

During terms 1,3 and 4 all outdoor activities, whenever possible are scheduled before 11am daylight saving time, conducted indoors or in a shaded area of the school.

Physical Education Day is held during the autumn months

Suitable hats, sun protective clothing and sunscreen are required for all camps and field trips. These items are listed on the parent permission form

### Monitoring and Evaluation

The St Peters Lutheran School Sun Protection Policy will be reviewed on a regular basis.

- Staff will evaluate and update the skin cancer prevention component of the curriculum, as part of the regular review of the Health and PE Policy Review
- Staff and students will regularly assess their own sun protective behaviours, with the aim of developing and maintaining appropriate behaviours, as part of the assessment procedures related to the SunSmart unit of work in Health & PE curriculum area.

Staff will review the effectiveness of the sun protection strategies in the school and make recommendations for improvement if necessary.

**Out of School Hours Care**

**Before School Care:** Sun protection is not required as the UV index is rarely above 3 during this time.

**After School Care:** Sun protection is required during Terms 1 and 4, and whenever the UV Index is 3 and above at other times. Staff are encouraged to access the daily local sun protection times to determine if sun protection measures are required during Terms 2 and 3.

**Vacation Care:** Sun protection is required for all outdoor activities during Terms 1, 3 and 4, and whenever the UV Index is 3 and above at other times

**Policy review**

The school 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: June 2021