



Phoenix Primary School

Sun Smart 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. As students and staff are at school during times of peak UV radiation, schools play a major role in providing an environment that minimises exposure and encourages long-term sun protective behaviours.

Objectives

This Sun Smart Policy has been developed to:

- Ensure that all students, staff, parents and visitors are protected from skin damage caused by harmful ultraviolet (UV) radiation from the sun.
- 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 that families and new staff are informed of the school's Sun Smart policy.

Implementation

We use a combination of sun protection measures for all outdoor activities including sports carnivals and excursions. Provisions will be made for students who do not have adequate sun protective clothing or hats and these students will not be excluded from play or physical activity, though activities may be restricted to shaded areas.

Behaviour

- Students are required to wear broad-brimmed or bucket school hats, which protect the face, neck and ears whenever they are outside (e.g. play breaks, sport, and excursions).
- Encourage parents / guardians to provide their children with sunscreen.
- Encourage the daily application of sunscreen before school and prior to outdoor activities.
- Encourage students to use available areas of shade when outdoors.
- Encourage staff and parents to act as role models by practising Sun Smart behaviours.
- On days of when UV index is 3 and above, students will not be permitted to play outside for long periods of time. Sport lessons will be modified as required.

Curriculum

- Incorporate programs on sun protection into the curriculum at all grade levels.
- Regularly reinforce Sun Smart behaviours in a positive way through newsletters, assemblies and whole school activities.

Procedures

1. Shade

- We ensure there is adequate provision of shade within the school grounds for students and staff, particularly in play areas, where children eat lunch and outdoor lesson areas.
- We encourage staff and students to use shaded areas when outside.
- Students who do not have appropriate hats or sun protective clothing are asked to play in the shade or a suitable area protected from the sun.
- We ensure that adequate shade is provided at sporting carnivals and outdoor events.
- Shade provision is considered in plans for future buildings, grounds and playground equipment.

2. Outdoor Activities

- Ensure that the Sun Smart policy is reflected in the planning of all outdoor events (e.g. excursions, sporting events).
- Where possible, we schedule outdoor activities such as assemblies, outdoor lessons, sport and physical education to occur when the UV Index is below 3. When this is not possible activities are scheduled as far from 12 noon as possible to avoid peak UV times.
- When outdoor activities are scheduled at times when the UV Index is 3 or higher, maximum use is made of shade, sunscreen, hats and long clothing to protect students and staff.

3. 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 longer sleeves and a bucket school hat.
- Staff and students are required to wear a rash vest or similar top for swimming/water activities (may not be appropriate for short periods of competitive swimming).

4. Hats

- We require students and staff to wear a broad-brimmed or bucket hat that protects the face, neck, ears and crown of the head whenever they are outside.
- Students without hats will remain protected from the sun and are encouraged to play in shaded areas. "No Hat No Sun"

5. Sunscreen

- All students and staff are encouraged to apply their own sunscreen (SPF50 or higher) before school and prior to outdoor activities.
- Sunscreen is available in the front office as well as kindy and PP. PE teacher has her own sunscreen for regular application during the day.

6. Staff OHS and Role modelling

- To support health and safety legislation, staff are required to wear sun protective hats when supervising students.
- Staff, students and visitors will act as positive role models and demonstrate SunSmart behaviour when attending school by:
 - wearing sun protective clothing
 - applying SPF50 or SPF50+ broad-spectrum water resistant sunscreen
 - wearing a sun protective hat (broad-brimmed or bucket style)
 - using and promoting shade
 - wearing sunglasses that meet the Australian Standard 1067.

7. Informing the school community

- Sun protection is communicated to staff, families and visitors via newsletters, social media, assemblies, daily messages, whole school activities, and parent and staff meetings.
- Families and visitors are encouraged to role model sun protection measures when attending outdoor activities.

Policy Monitoring & Review

- The sun protection policy will be made available to staff and parents. Parents are informed of this sun protection policy when they enrol their child/children. All new employees are briefed on the sun protection policy.
- The policy is monitored regularly and reviewed every three years.