



Phoenix Primary School

Learn Grow Succeed

Sun Smart Policy

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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 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 all students and staff have suitable 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 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

- Children 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 play breaks.
- Encourage children to use available areas of shade for outdoor activities.
- Encourage staff and parents to act as role models by practising Sun Smart behaviours.
- On days of extreme heat (when UV index is 3 and above), the children will not be permitted to play outside for long periods of time. Sport lessons will be modified as required.

Curriculum

- Incorporate programs on skin cancer prevention into the curriculum at all grade levels.
- Regularly reinforce Sun Smart behaviours in a positive way through newsletters, assemblies and whole school activities.
- Ensure that the Sun Smart policy is reflected in the planning of all outdoor events (e.g. excursions, sporting events).

Environment

- Organise outdoor activities to be held in areas of shade whenever possible.
- Adequate shade will be provided for children and staff during sports carnivals and outdoor events.

Procedures

1. Shade

- We ensure there is adequate provision of shade within the school grounds for students and staff, particularly in high use areas (for example - popular 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. 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.

3. 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"

4. Sunscreen

- All students and staff are encouraged to apply their own sunscreen before school and prior to outdoor activities

5. Staff OHS and Role modelling

- As part of OHS UV risk controls and role-modelling, staff:
 - ⇒ wear sun protective hats, clothing and sunglasses when outside
 - ⇒ apply SPF 30+ broad spectrum, water resistant sunscreen
 - ⇒ using and promoting shade whenever possible

6. 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.