

Cairnlea Park Primary School	800 Students	Page 1:2
Policy Manual	801 Sunsmart & Heat	Date: August 2014

Rationale:

It's important to have a healthy balance of ultraviolet radiation (UV) exposure. Too much UV can cause sunburn, skin and eye damage and skin cancer. Overexposure to the sun during childhood and adolescence is known to be a major cause of skin cancer. Too little UV can lead to low vitamin D levels. Vitamin D is necessary for the development and maintenance of healthy bones and muscles, and for general health. Schools can play a significant role in changing behaviours through education.

Aims:

- To encourage the minimisation of the danger of excessive UV radiation exposure for both students and staff to ensure a healthier environment with long term health benefits.
- To encourage the development of Sun Smart attitudes and habits in students throughout their primary school years.

Implementation:

Staff are encouraged to access the SunSmart UV Alert at sunsmart.com.au to find out daily local sun protection times to assist with the implementation of this policy.

We use a combination of sun protection measures for all outdoor activities from September to the end of April and whenever UV levels reach 3 and above, the level that can damage skin and eyes.

- Children must wear sun smart style hats that protect the face, neck and ears from September to April.
- 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, longer style dresses.
- To ensure that adequate shade is provided at sporting carnivals and outdoor events and organise outdoor activities in areas of shade, whenever possible.
- To ensure that there are sufficient shelters and trees that provide shade in the school grounds and encourage children to use available areas of shade for outdoor play activities.
- The school will provide SPF 30+ broad spectrum, water resistant sunscreen for staff and student use whenever possible. Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).
- To incorporate programs on skin cancer prevention in the curriculum.

- The Sun Smart Policy will be regularly reinforced in a positive way through newsletters, assemblies, parent meetings, and student and teacher activities.
- Children who do not have their hats on or covering clothing will be directed to play in a specific shaded area during lunch/recess times, and use available shaded areas during scheduled outdoor activity times to protect them from the sun.
- To postpone any scheduled outdoor activities if the temperature reaches 35 degrees.
- An extreme weather timetable (indoor recess/lunch) will operate if the temperature reaches 35 degrees.
 - To encourage staff to act as role models and practise Sun Smart behaviours by:
 - wearing appropriate hats and clothing for all outdoor activities
 - using a broad spectrum 30+ water resistant sunscreen for skin protection
 - seeking shade whenever possible
 - When enrolling their children, parents will be:
 - informed of the Sun Smart Policy and the requirement to purchase the school's legionnaire or bucket hat
 - encouraged to support sun protective behaviours of the children.

Evaluation:

- Review the sun protective behaviours of students and staff.
- Continue to evaluate and update skin cancer prevention component of the curriculum.
- Assess plans for future buildings and grounds with regard to shade provision.
- Review the effectiveness of Sun Smart strategies and policy documentation every 3 years.

This policy was last ratified by school council in August 2014

Relevant Documents / Links

- DEECD School Policy & Advisory Guide (SPAG) Sun & UV protection (2011)
- DEECD Health, Safety & Workcover
- Victorian Early Years Learning and Development Framework (VEYLDF)
- Building Quality Standards Handbook (BQSH): Section 7.5.5 Shade Areas
- Education and Training Parliamentary Committee Inquiry into Dress Codes and School Uniforms in Victorian Schools -Government Response
- Occupational Health and Safety Act 2004
- Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation (2006)
- Safe Work Australia: Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight