

SURFSIDE PRIMARY SCHOOL

SUNSMART POLICY



1. PURPOSE

The purpose of this policy is to ensure the safety of all staff and students by implementing sun smart protection measures.

2. BACKGROUND

Surfside Primary School is a registered SunSmart school and is working towards accreditation to become a Healthy Achievement school under the benchmarks of Health Together Victoria.

3. AIMS:

- To inform and educate students, staff and the community about the benefits of some sun exposure to help with vitamin D and risks of skin cancer and eye damage from excessive exposure to the sun.
- To develop preventative strategies which encourage responsible decision-making about skin and eye protection.
- To continue to develop our school environment to provide shade areas for students, parents and teachers.
- To encourage students, parents and teachers to wear protective clothing and hats for outdoor activities and at high-risk times, e.g. during sport lunchtimes, school camps and excursions.

4. GUIDELINES:

- Students need to have a sound knowledge of the beneficial and harmful effects of the sun. For example, learning about the importance of vitamin D, and how protection of the skin can prevent skin cancer.
- Students need to learn to take responsibility for their own health.
- Staff and students need to be actively involved in monitoring their own exposure and make appropriate decisions to protect themselves.

5. IMPLEMENTATION:

5.1 Sun smart periods

- Staff and students are encouraged to access the daily local sun protection times at sunsmart.com.au or on the free SunSmart app to assist with the implementation of this policy.
- A combination of sun protection measures are used for all outdoor activities from **September to the end of April** and whenever UV levels reach 3 and above.
- At Surfside Primary School, the wearing of sun protective hats that shade the face, neck and ears (e.g. wide brimmed, legionnaire or bucket style) will be compulsory for physical education, sports days, lunchtimes, recesses and excursions. Children not wearing sun protective hats will be supervised in shady play areas during the lunch break, or in some instances be kept inside. Parents and children will be asked to sign an agreement at the start of each school year acknowledging the compulsory wearing of broad-brimmed hats from **September to the end of April**.

- It is a requirement for all staff to wear broad brimmed hats when outside, from September to the end of April, to minimise OHS risks.

5.2. School wide strategies

As part of general SunSmart strategies, our school will:

- Encourage the wearing of covering clothing to protect their skin from the sun, e.g. Long sleeve polo shirts.
- Encourage children to use available areas of shade for outdoor activities.
- Provide SPF 30 or higher broad spectrum sunscreen in classrooms.
- Work with the parent community to understand the necessity to provide SPF 30+ Broad-spectrum for student use.
- Implement strategies to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).
- With parental consent, students with naturally very dark brown or black skin are not required to wear sunscreen to help with vitamin D requirements.
- Require children to wear broad-brimmed hats for all outdoor activities. (eg recess, lunch, sport, excursions)
- Supervise children not wearing sun protective hats in shaded areas for the duration of lunch breaks from September to the end of April.
- Encourage the daily application of sunscreen before school and prior to the lunch break.
- Encourage staff and parents to act as role models by practising Sun smart behaviours.
- Open the library and hall for play on days of excessive heat.

5.3 Curriculum

- The curriculum will incorporate programs on skin cancer prevention into the curriculum at all grade levels and begin term 1 and 4 with a SunSmart awareness week.
- Regular reinforcement of SunSmart behaviour in a positive way through newsletter, parent meetings, assemblies, and other student and teacher activities.
- Ensure the SunSmart Policy is reflected in the planning of all outdoor events. (eg camps, sporting events, excursions)
- Encourage the importance of outdoor play and teach students about the role vitamin D plays in supporting health and wellbeing.

5.4. Environment

- Sun protective clothing items are required as part of our school uniform.
- Children to be encouraged to play in shaded areas.
- Work toward increasing the number of shelters and trees so as to provide adequate shade in the school grounds.

6. MONITORING AND REVIEW

The Health and Physical Education Policy will be monitored and reviewed by the staff and School Council annually.

This policy is reviewed and agreed to by School Council annually. Last updated August 2019 and review date August 2022.