



East Marden

PRIMARY SCHOOL

'Learners today, Leaders tomorrow'



Sun Safe Policy

Parent Information



Government of South Australia
Department for Education

CRICOS Provider No. 00018A

Respect, Kindness, Perseverance, Creativity

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SUN SAFE

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 during childhood and adolescence is a critical factor in determining future skin cancer risk.

Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. Sensible sun protection when UV is 3 and above does not put people at risk of vitamin D deficiency.

Objectives

This sun protection policy has been developed to:

- Positive attitudes towards skin protection
- Assist students to be responsible for their own sun protection
- Encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above
- Work towards a safe school environment that provides shade for students, staff and the school community at appropriate times
- Ensure families and new staff is informed of the school's sun protection policy.

Staff are encouraged to access the daily local sun protection times on the SunSmart app or <http://www.myuv.com.au/>, to assist with implementing this policy.

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

Implementation

The purpose of the policy is to ensure that all members of our primary school, including Out of School Hours Care (OSHC) programs, are protected from skin damage caused by harmful ultraviolet (UV) rays of sun. UV radiation is not related to weather or temperature and can be just as damaging on a cool day and cloudy day in spring and autumn as what it is on a 38 degree day in summer.

It is an expectation of all staff, student and parents of East Marden Primary School, inclusive of Out of Hours School Care (where applicable) will use the following skin protection strategies during terms 1, 3 and 4 and when the UV is 3 and above at other times, E.G. extended periods outside.

Staff and students are encouraged to check the daily Sun Smart UV alert via Bureau of Metrology website:

1. Take particular care if in the direct sun during peak UV times of the day and when the Ultraviolet radiation level is 3 (moderate) and above, outside of these times.
 - 1.1. Whenever possible, all outdoor activity sessions will be held in shaded area
 - 1.2. Whenever possible, all outdoor activities, including Vacation Care Programs, will be scheduled before 10am and after 3pm, conducted indoors, or in the shaded area of the school.



2. Use the shade of trees and pergolas whenever outdoors where possible.
 - 2.1. Children will be encouraged to seek shade
 - 2.2. In consultation with the school council, shade provision is considered in the plans for future buildings and grounds.
3. Wear appropriate clothing that protects the skin.
 - 3.1. Students will be expected to wear a school bucket hat whenever they are involved in outside activities. Children not wearing the school hat will be expected to sit on the benches outside the Garnett and Emerald building at recess and lunch times. Children will need to keep hats in their trays and use them for whole day outside excursions or sports day.
 - 3.2. Students are encouraged to wear the school uniform which offers adequate protection from UV radiation through tops with collars and longer style sleeves in navy with longer style shorts and skirts.
4. Using SPF 30 or higher, broad spectrum, water resistant sunscreen as part of the 5 protection strategies
 - 4.1. Parents will be encouraged to apply a SPF 30 or higher broad spectrum, water resistant+ sunscreen on their children before they come to school.
 - 4.2. Children are expected to have their own supply of sunscreen in their bag or tray which is labelled with their name. Children are not encouraged to share each other's sunscreen.
 - 4.3. Children will be actively reminded to put sunscreen on their exposed skin 20 min before going outdoors and reapply every 2 hours when outdoors when the UV is 3 and above.
 - 4.4. Low allergy SPF 30 or higher broad spectrum water resistant sunscreen will be available for excursions or camps. Children will apply the sunscreen under supervision and be reminded to wash their hands.
5. Reinforcing the Sun Smart message in all school activities and in general school procedures is an important strategy in the adoption of the skin protection behaviours.
 - 5.1. Staff, parents and visitors will be encouraged to routinely role model appropriate Sun Smart strategies when involved in all outdoor school activities.
 - 5.2. Skin cancer prevention will be included in the curriculum at each year level. Staff will be encouraged to keep up to date with new information and resources through contact with Cancer Council of SA.
6. The East Marden Primary School "Sun Safe Policy" will be updated every three years.



Policy Objective	Implementation Strategies
<p>1. Take particular care if in the sun during peak UV times of the day in terms 1, 3, and 4. Outside of these times, care should also be taken when the ultraviolet radiation level is 3 (moderate) and above.</p>	<ul style="list-style-type: none"> • Outdoor activities should be held in the shaded areas. • Classes reschedule outdoor activities to occur before 10am and after 3pm whenever possible. • Scheduling and shade provision should be a specific consideration when planning excursions. • Schedule fire drills for early in the morning or late in the afternoon. • Although sports day is scheduled for end of Term 3, appropriate sun protection measures will be included in • Planning (hats, shade, sunscreen reminders) and the UV will be checked on the day.
<p>2. Use the shade of trees, pergolas and tents whenever outdoors.</p>	<ul style="list-style-type: none"> • The school will endeavour to maximise shade by provision of shade structures and shade trees. • Eating under verandas for eating lunches and outdoor classroom activities. • Children will be encouraged to seek shade.
<p>3. Wear appropriate clothing, which protects the skin.</p>	<ul style="list-style-type: none"> • The school will sell an appropriate bucket style school hat, at the start of the school year or when students need one. These hats will be the only acceptable hats to be worn at school and they will be kept in the classroom. • Students not wearing the appropriate school hat will sit under on the benches outside the Garnett and Emerald building during recess and lunch times. "No Hat No Play" • Hats will be worn for a large part of the year whenever students are outdoors. • Hat wearing will be more relaxed when the UV is below 3 in term 2. • Families will be advised upon enrolment of the requirement to dress students in appropriate sun protective clothing. • Students and staff will be encouraged to wear shirts with collars and longer sleeves, along with longer style shorts, skirts and dresses. • Staff and parent volunteers will be expected to role model appropriate hat wearing. • Rash vests or t-shirts are to worn over bathers for swimming if using outside pool.
<p>4. Parents to apply a broad-spectrum SPF30+ sunscreen before children come to school.</p>	<ul style="list-style-type: none"> • Parents/carers will be encouraged to apply sunscreen to the children before arriving at the school. • Sunscreen will be available on all excursions and camps • Children are encouraged to bring their own sunscreen and keep in bag/tray.

	<ul style="list-style-type: none"> Children will be actively encouraged to apply sunscreen 20 minutes before going outdoors and reapply every 2 hours when outdoors when the UV is 3 or above.
5. Reinforce the Sun Smart message in all school activities and procedures.	<ul style="list-style-type: none"> Staff will be expected to role model Sun Smart behaviours in all outdoor activities. Skin protection will be incorporated into the regular teaching program and specific sun protection activities and themes will be applied at appropriate times. Sun safety messages will be promoted to staff and parents. Posters will be displayed and literature will be available to parents and carers. Skin protection will be incorporated into enrolment information, excursion notes and school newsletters. Parents will be informed via skoolbag and newsletters of policy reviews.
6. The East Marden Primary School Sun Smart Policy will be evaluated on an ongoing basis.	<ul style="list-style-type: none"> Policy issues will be discussed at staff meetings. Set a policy review date at least every 2 years Review the policy using current references material i.e information sheets from Cancer Council SA and Department for Education.
7. The Covered Outdoor Learning Area (COLA) and Veranda's greatly assists in providing areas for use when the UV radiation levels are 3 or higher.	<ul style="list-style-type: none"> Fitness and other sport lessons will be scheduled in the gymnasium At certain times the gymnasium will be available for lunchtime activities.

Hot Weather Procedure is students stay indoors, this will be enforced when the temperature is 36 degrees or above or when otherwise advise by the Principal.

This policy was last updated in Term 4 2020 and is scheduled for review in Term 4 2023.

This policy is due for renewal by The Cancer Council in November 2022

This policy was last ratified by School Council in 2020

