



Our Lady of the Way Primary School

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SUN SAFETY POLICY

1.0 Rationale

It is 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 UV during childhood and adolescence is a major factor in determining future skin cancer risk. 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.

Our Lady of the Way School is a registered **SunSmart** school. The Sun Safety Policy has been developed to ensure that all students and staff attending this school are protected from skin damage caused by the harmful ultraviolet rays of the sun. It is implemented throughout the year.

2.0 Aims

The aim of the Sun Safety Policy is to provide procedures and curriculum, which will enhance the knowledge of the sun's effect on our lives, and the practices that assist in a healthy lifestyle when exposed to the effect of the sun.

This Sun Safety Policy has been developed to:

- Ensure all students and staff get some UV for vitamin D.
- Encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above to minimise skin and eye damage and skin cancer risk.
- 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 Safety Policy.
- 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.

3.0 Implementation

Students, Staff and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses, sunscreen and shade) when participating in and attending outdoor school activities.

As part of general SunSmart strategies, *Our Lady of the Way* School has identified a threefold approach to implementing the Sun Safety Policy. The approach covers the areas of behaviour, curriculum and environment.

3.1 Behaviour

- Children are required to wear the broad-rimmed bucket school hat, which protect the face, neck and ears whenever they are outside.
- Parents/Carers are encouraged to provide their children with sunscreen.
- Daily application of sunscreen is encouraged before school and prior to play breaks in the hot months.
- Students are encouraged to use available areas of shade for outdoor activities.
- Staff and parents are encouraged to act as role models by practising **SunSmart** behaviours.
- On days of extreme heat, the children will not be permitted to play outside for long periods of time. An Extreme Weather Program will be called and children will stay indoors wherever possible.

3.2 Curriculum

- Incorporate programs on skin cancer prevention into the curriculum at all grade levels.
- Regularly reinforce **SunSmart** behaviours in a positive way through the Parent Newsletters, Facebook and student activities.
- Ensure that the Sun Safety Policy is reflected in the planning of all outdoor events (e.g. camps, excursions, sporting events).

3.3 Environment

- Outdoor activities will be held in areas of shade whenever possible.
- Work towards increasing the number of shelters and trees to provide further shade in the school ground.

4.0 Budget

A budget will be provided for the professional development of staff and acquisition of resources.

5.0 Evaluation

The Principal, with delegated responsibility to the Leadership Team and staff, will be responsible for the planning, implementation and review of this policy.

POLICY CONSIDERATIONS

1. Shade

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- The school makes sure there is a sufficient number of shelters and trees providing shade in the school grounds, particularly in areas where students congregate, e.g. outdoor lesson areas and popular play areas.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- In consultation with the CEDP, shade provision is considered in plans for future buildings and grounds.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats must adhere to the 'NO HAT, NO PLAY' policy and must sit in the designated areas protected from the sun.

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, longer style dresses and shorts.

3. Hats

- All students and staff are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats, whenever they are outside. UV umbrellas are also available for staff to use.

4. Sunscreen

- Students must provide their own SPF 30+ broad spectrum, water resistant sunscreen.

5. Physical Education

- 'No Hat, No Play' policy applies all year round. Students without the correct school hat will not be permitted to participate in Physical Education or Sport.
- Sunscreen use is encouraged by all staff.
- Correct sports uniform must be worn to all P.E. lessons and sports days; this includes a collared shirt (where the collar sits above the collar bone) and a minimum of mid-thigh length shorts.

6. Staff and Role Modelling

As part of WHS UV risk controls and role-modelling, when the UV is 3 and above staff:

- Are asked to wear sun protective hats, clothing and sunglasses when outside.
- Apply SPF 30+ broad spectrum, water resistant sunscreen.
- Seek shade whenever possible.
- Make use of the sun-smart umbrella's provided.