

# Ungarra Primary School

*Respect Resilience Integrity Excellence*

## SunSmart Policy

This policy applies to all school events on and off-site, including Playcentre. This policy applies to **Term 1, 3 and 4** of the school year. Students will have recess and lunch indoors and play indoors on extreme UV days and when the temperature is extreme.

The school uses a combination of sun protection measures for all outdoor activities **during terms 1, 3 and 4, and whenever UV levels reach 3 and above at other times.**

### 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 in the first ten years of life is a major 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.

### Objectives

This SunSmart policy has been developed to:

- 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 all students and staff have some UV radiation exposure for vitamin D
- assist students to be responsible for their own sun protection
- ensure that families and new staff are informed of the school's SunSmart policy.

### Sunscreen

- The school supplies SPF 30 or higher broad spectrum, water resistant sunscreen for staff and student's use.
- Parents will ensure that sunscreen is applied prior to their children coming to school, especially for events such as swimming, sports days etc.
- Sunscreen is applied at least twenty minutes before going outdoors and reapplied every two hours if outdoors for an extended period.
- Strategies are in place to remind students to apply sunscreen.
- With parental consent, students with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements.

### Hats

All students, staff and parents are required to wear hats that protect their face, neck and ears e.g. legionnaire, broad brimmed or bucket hats, whenever they are outside. Baseball or peak caps are not acceptable.

- Parents are responsible for purchasing a wide brim hat (Ungarra Primary School hat) for their children to wear and ensuring that it is clearly labelled with their name as the school does not allow sharing of hats.
- Staff and visitors to the school will model good practice by wearing a school hat while on yard duty, during P.E. lessons and other outdoor events and ensure that students who do not have a hat remain in the designated shade areas during recess and lunch.
- Students are responsible for wearing their wide brimmed hat when outdoors for all activities and must play in shaded areas when they do not have their school hat

### Water bottles

- Parents will provide their children with a labelled drink container
- encourage students to use their drink container while at school

### Sunglasses

Students and staff are encouraged to wear sunglasses that meet the Australian Standard.

### Shade

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- The school council 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. canteen, outdoor lesson areas and popular play areas.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- Outdoor activities are scheduled outside the peak UV radiation times or in the shade where possible.
- In consultation with the school council, 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 or clothing are asked to play in the shade or a suitable area protected from the sun.

### Staff WHS role modelling

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

- Wear sun protective hats, clothing and sunglasses when outside
- Apply SPF 30 or higher broad spectrum, water resistant sunscreen
- Seek shade whenever possible

Families and visitors are encouraged to do the same when on site participating in and attending outdoor activities.

### Curriculum

- Programs on skin cancer and vitamin D are included in the curriculum for all year levels.
- SunSmart behavior is regularly reinforced and promoted to the whole school community through newsletters, parent meetings, staff meetings, assemblies and in the enrollment pack.