



Chilwell Primary School

"Learning for Life"

No.2061

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POLICY: SUNSMART

1. Rationale:

A healthy balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Too little UV from the sun can lead to low vitamin D levels.

Our Sunsmart Policy has been developed to help ensure that all students and staff are protected from skin damage caused by the harmful ultraviolet rays of the sun.

Chilwell is a Sunsmart school and children are encouraged to adopt Sunsmart practices and attitudes. All children must wear a hat from September 1 to April 30. No hat : No play. Children who do not wear a hat are directed to a shaded, passive area in which they spend their recess and lunch break. It is also wise to include Sunscreen in school bags during these terms.

As part of general Sunsmart strategies, our school will from September to April implement the following procedure whenever outdoor activities take place :

Behaviour:

- Require children to wear hats which protect the face, neck and ears whenever they are outside (eg. recess, lunch, sport, excursions)
- A "No Hat / No Play" rule applies.
- Staff are encouraged to access the daily SunSmart UV Alert at sunsmart.com.au (or on their own school website) to find out daily sun protection times to assist with the implementation of this policy.
- 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 and rash vests or T-shirts for outdoor swimming.
- Teachers / staff / students are encouraged to wear SPF30+ broad spectrum, water resistant sunscreen when outside.
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies). Students are not to share sunscreen with others.
- Encourage children to use available areas of shade for outdoor activities.
- Encourage staff and parents to act as role models by practising Sunsmart behaviours.
- We encourage students to keep their sun hat in the school bag all year round as we have had some very sunny days in both 2nd and 3rd term.

Curriculum:

- Incorporate programs on skin cancer prevention and vitamin D into the curriculum at all grade levels.
- Regularly reinforce Sunsmart behaviour in a positive way through Newsletter, parent meetings student and teacher activities, eg. "Hatslotto".
- Ensure the Sunsmart policy is reflected in the planning of all outdoor events (eg. Camps, excursions, sporting events)

Environment:

- Organise outdoor activities to be held in areas with plenty of shade whenever possible
- Work toward maintaining the number of shelters and trees so as to provide adequate shade in the school ground.
- Hot weather timetable when necessary.

Staff OHS and Role modeling

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

- wear sun protective hats, clothing and sunglasses when outside
- apply SPF 30+ broad spectrum, water resistant sunscreen
- seek shade whenever possible

From May to August in Victoria

When average UV Index levels are below 3, sun protection measures are not used from May until August unless near highly-reflective surfaces such as snow, outside for extended periods or when UV levels reach 3 and above.

2. Evaluation:

The Environment Committee will review the effectiveness of this policy each year:

They will:

- 1) Review the Sunsmart behaviour of students, staff, parents and visitors and make recommendation for improvement.
- 2) Assess shade provision and usage and make recommendations for increases in shade provision.
- 3) Update and promote curriculum material relevant to Sunsmart activities.

Relevant Documents / Links

- DET School Policy & Advisory Guide (SPAG) Sun & UV protection (2011)
- 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 Sections 21 and 23: Main Duties of Employers Section 25: Duties of Employees
- Safe Work Australia: Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight

3. Ratified:

This policy was ratified by School Council –September 2015

Review: Biennially