



## Sun protection Policy – Port Lincoln Junior Primary School

### **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 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. 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:

- encourage the entire school community to use a combination of sun protection measures whenever the UV Index reaches 3 and above.
- 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 families and new staff are informed of the school's sun protection policy.

### **Procedures**

#### **Policy implementation times**

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.

#### **Scheduling**

Care is taken during the peak UV radiation times, and outdoor activities are scheduled outside of these times, where possible or in the shade.

A combination of sun protection measures are considered when planning outdoor activities such as camps, excursions, sporting activities and water-based activities.

### **Sun protection measures**

#### **1. Hats**

All students and staff are required to wear a **broad-brimmed**, legionnaire or bucket hat which protects the face, ears, and neck (include the hat style/s available at your school). Baseball caps are not acceptable.

#### **2. Clothing**

Appropriate sun protective clothing is included in the school uniform/dress code and sports uniform. Clothing made of a closely woven material including tops with collars or higher

necklines and elbow-length sleeves and longer-style skirts, dresses and shorts are recommended. Rash tops or t-shirts over bathers are recommended for outdoor swimming activities.

### **3. Sunscreen**

SPF 50+ broad-spectrum, water-resistant sunscreen is supplied by the school for student and staff use. Families with children who have sensitive skin are asked to provide a suitable SPF 50+ broad-spectrum water-resistant sunscreen for their child's use. Families with children who are concerned about vitamin D requirements are encouraged to speak to their GP or paediatrician. Students are encouraged to apply sunscreen before or upon arriving at school. Students are reminded to apply sunscreen before going outdoors.

### **4. Shade**

Staff are to use available areas of shade for outdoor activities as much as possible and actively encourage students to play in the shade. Students who are not wearing a SunSmart hat or appropriate clothing are asked to play in the shade or return indoors.

### **5. Staff WH&S and role modelling**

For work health and safety and role modelling, when the UV is 3 and above, staff are required to practice SunSmart behaviours including:

- wearing sun protective hats, clothing, and sunglasses when outside
- applying SPF 50+ broad-spectrum, water-resistant sunscreen
- seeking shade whenever possible.

Families and visitors are encouraged to use a combination of sun protection measures when participating in or attending outdoor school activities.

### **6. Learning and development**

Sun protection education is incorporated into the curriculum for all year levels (or) at least every second year.

### **7. Policy promotion**

Sun protection information and the sun protection policy is promoted to the whole school community, on the website and through newsletters, school homepage, parent meetings, staff meetings, school assemblies, student, and teacher activities and in student enrolment packs.

### **Policy review**

The school will review the policy regularly (at least every three years) and revise the policy when required.

The school will notify any relevant stakeholders should any significant policy updates be made (e.g., families, staff, Cancer Council SA).

Date of next policy review:.....

## **Legislation**

· Work Health and Safety Act 2012

## **Relevant resources**

### **Twinkl Curriculum Resource**

Free sun protection curriculum resources suitable for Foundation to Year 6 to be used in classroom teaching and learning activities.

Visit: Foundation – Year 6 sun safety curriculum resources

### **SunSmart Literature Activities**

Literature resource activities for over 20 picture books with various themes related to the sun, weather, the seasons, sun protection and skin.

Visit: [www.generationsunsmart.com.au/sunsmart-literature-activities/](http://www.generationsunsmart.com.au/sunsmart-literature-activities/)

### **SunSmart Hat-Wearing Toolkit**

Leads staff through simple steps, with useful tips and resources to reinforce current SunSmart hat-wearing behavior to reach 100% compliance or to phase out baseball caps.

Visit: <https://www.cancersa.org.au/prevention/sunsmart/sunsmart-resources/hat-wearing-toolkit>