

C.P.S SUNSMART

POLICY

Rationale:

At Carnegie Primary School it is considered a priority that all students and staff are protected from skin damage caused by the sun.

Aim:

This SunSmart policy provides guidelines to:

- Ensure all students and staff have some UV exposure for vitamin D.
- Ensure all students and staff are well protected from too much UV exposure by using a combination of sun protection measures whenever UV levels reach 3 and above.
- Ensure the outdoor environment is sun safe and provides shade for students and staff.
- Ensure students are encouraged and supported to develop independent sun protection skills.
- Support duty of care requirements.
- Support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors.

Implementation:

A combination of sun protection measures are used for all outdoor activities from September to the end of April and **whenever UV levels reach 3 and above.**

Healthy physical environment

1. *Seek 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. lunch, outdoor lesson areas and popular play areas.
- The availability of shade is considered when planning all other outdoor activities and excursions.
- 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 outdoor clothing are asked to play in the shade or a suitable area protected from the sun.
- On days of extreme heat a 'hot day' timetable will be invoked. This will mean that students will be permitted a break to go to the toilet and fill drink containers/have a drink. Students will then return to classrooms for passive recreational activities for the duration of the break.

Healthy social environment

2. *Slip on sun protective 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 elbow length sleeves, longer style dresses and shorts.

3. *Slap on a hat*

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. Baseball or peak caps and visors are not considered a suitable alternative.

References: ,

Cancer Council Victoria's Sun Smart Schools Program <http://www.sunsmart.com.au/communities/early-childhood-primary-schools>

Vic Govt Schools Reference Guide - <http://www.eduweb.vic.gov.au/edulibrary/public/schadmin/environment/4-5.pdf>

4. *Slop on sunscreen*

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

AND / OR

- The school supplies SPF 30 or higher broad spectrum, water resistant sunscreen for staff and students' use.
- Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every two hours if outdoors.
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices).

5. *Slide on sunglasses [if practical]*

- Where practical students and staff are encouraged to wear close fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

Learning and skills

- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, student and teacher activities and on student enrolment.
- SunSmart behaviours will be stressed as part of Fitness and PE programs, including timetabling of events to reflect the SunSmart policy.

Engaging children, educators, staff and families

Staff and families are provided with information on sun protection and vitamin D through family newsletters, noticeboards and our school website.

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

- wear a sun protective hat, covering clothing and, if practical, sunglasses when outside.
- apply sunscreen.

Evaluation:

- The Health/PE coordinator will review the effectiveness of this policy each year.
- Review SunSmart behaviours of students, staff, parents and visitors and make recommendations for implementation.
- Assess shade provision and usage and make recommendations for increase in shade provision.
- Update and promote curriculum materials relevant to SunSmart activities.
- This policy will be reviewed as part of the school's three-year review cycle.

This policy was last ratified by School Council in....

2014

References: ,
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