



SCORESBY PRIMARY SCHOOL

SunSmart and Heat Policy

2019

RATIONALE:

The purpose of this policy is to encourage behaviours at Scoresby Primary School that reflect a healthy UV exposure balance, ensuring some sun exposure for vitamin D while minimising the risk of skin cancer.

This policy provides guidelines to:

- support staff and students to use a combination of sun protection measures when UV index levels are 3 or above (generally mid-August – end of April) and allow un exposure when UV levels are below 3 (generally May- August)
- ensure that there are outdoor environments that provide adequate shade for students and staff
- ensure students are encouraged and supported to develop independent sun protection skills to help them to be responsible for their own protection
- support our school's strategies to meet its duty of care and occupational health and safety obligations to minimise harmful UV exposure and associated harm for students and staff.

Scoresby Primary School is a SunSmart school. Correct SunSmart behaviours are important to make our students aware of the health benefits of some sun exposure for vitamin D and possible skin damage that can be caused by overexposure to the harmful ultra-violet rays of the sun.

AIMS:

- Educate the school community of the importance of being SunSmart and maintaining a healthy UV exposure balance
- Have all students at Scoresby Primary School wearing an appropriate SunSmart approved hat, **during the daily local sun protection times**
- Encourage students to adopt appropriate SunSmart strategies into their daily life, as appropriate
- Have children take individual responsibility for their own health and wellbeing relating to being SunSmart
- Work towards a safe school environment that provides shade for students, staff and the school community at appropriate times

IMPLEMENTATION:

A balance of sun exposure is important for health. The sun's UV radiation is both the main cause of skin cancer and the best natural source for vitamin D.

UV radiation:

- cannot be seen or felt
- can be reflected off surfaces such as buildings, asphalt, concrete, water, sand and snow
- can pass through light clouds
- varies in intensity across the year (highest in Victoria from mid-August – end of April)
- peaks during school hours

Sun safety is a shared responsibility and staff, parents and students are encouraged to implement a combination of sun protection measures whenever UV levels reach 3 and above (typically from mid-August to the end of April in Victoria). Information about the daily local sun protection times is available, the free SunSmart app, or at sunsmart.com.au.

Scoresby Primary School has the following measures in place to help reduce the risk of excessive UV sun exposure for staff and students. The sun protection measures listed are used for all outdoor activities during the daily local sun protection times (typically from mid-August to the end of April).

Shade:

Scoresby Primary School will provide sufficient options for shelter and trees to provide shade on school grounds, particularly in places such as:

- outdoor lesson areas
- popular play areas
- assembly areas

When building works or grounds maintenance is conducted at Scoresby Primary School that may impact on the level of shading available to staff and students, a review of the shaded areas available will be conducted and further shading installed as appropriate.

Sun protective uniform/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 and rash vests or t-shirts for outdoor swimming.

From mid-August (exact date to be set by the school annually) to the end of April, all students **must** wear a sun protective hat (8cm wide) that shades the face, neck and ears for all outdoor activities. Hats may also be worn for all outdoor activities outside of the August to April time period, by parent or student choice. Students will be encouraged to wear hats on school camps and excursions where appropriate.

All children not wearing the appropriate hat or covering clothing are to play in a designated shaded area.

Sunscreen:

Scoresby Primary School encourages all staff and students to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen daily whenever UV levels reach 3 and above. Students will be encouraged to apply their own sunscreen before going outdoors, and reapply every two hours if necessary.

Families are required to provide the sunscreen for their children. Pump pack SPF30 (or higher) broad spectrum, water-resistant sunscreen will be available at the first aid room for students to access if required.

Hot Day Timetable

For infrared radiation, a "Hot Day Timetable" to be adopted (similar to Wet Day Timetable) on days of extreme heat where 35 degrees is to be the determining temperature and to be declared by Principal / Assistant Principal after checking the SCORESBY weather station on the Bureau of Meteorology website <http://www.bom.gov.au/vic/observations/melbourne.shtml> which is updated every 5 minutes.

Sunglasses:

Where practical Scoresby Primary School encourages students and staff engaged in outdoor activities 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. Sunglasses are optional.

Curriculum:

Students at our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure. Scoresby primary school will address sun and UV safety education as part the curriculum at all grade levels.

Staff are encouraged to access resources, tools, and professional learning to enhance their knowledge and capacity to promote sun smart behaviour across the school community.

Engaging students, staff and families

SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website/intranet, staff and parent meetings, school assemblies, student and teacher activities and at student enrolment/new staff orientation.

Families and staff are provided with information, ideas and practical strategies to support UV safety at school and at home. Scoresby Primary School may provide families and staff with information through newsletters, the school website and school assemblies.

FURTHER INFORMATION AND RESOURCES

- School Policy Advisory Guide:
 - [Sun and UV Protection Policy](#)
 - [Duty of care](#)
 - [SunSmart](#)
- Appendix A – Scoresby Primary School Sun Protection Measures

EVALUATION:

This policy will be reviewed in accordance with the Scoresby Primary School Policy Review Timeline, more often if necessary due to changes in regulations or circumstances.

Ratified by School Council:	17 th October 2019
Signature School Council President	
Review Date:	2023

Scoresby Primary School

Appendix A: Additional Sun Protection Measures

Scoresby Primary School will endeavour to put in place the following sun protection measures:

- When the UV levels are above 3 outside of terms 4 and 1 an announcement will be made by school student leaders at the beginning of recess and lunchtime so that students can take appropriate sun protection measures
- Student will be asked to have hats available at school from mid- August until late April to be worn on days where the UV rating is 3 or above.
- Students will be encouraged to make posters for classroom doors to remind themselves to put on sunscreen before going outside