



WRITTEN:

RATIFIED BY GOV COUNCIL:

REVIEW:

NURIOOTPA PRIMARY SCHOOL SUN SMART POLICY

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.

Therefore, at Nuriootpa Primary School:

Objectives

This SunSmart policy has been developed to:

- encourage the entire school community to use a combination of sun protection measures in Term 1,3&4 &
- During term 2 when the UV is 3 and above:
 - Depending on school activities (e.g. an all-day outdoor event) sun protection will be strongly encouraged on days in May where the UV is 3 and above.
 - Sun protection is not necessary in May, June and July when the UV is below 3 so as to take advantage of sunlight for vitamin D.
- 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 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.

Staff are encouraged to access the SunSmart UV Alert at www.bom.gov.au/sa/uv to find out daily local sun protection times to assist with the implementation of this policy.

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.

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

1. Clothing

Sun protective clothing is included in the school uniform/dress code. The clothing is cool, loose fitting and made of closely woven fabric. It includes shirts with collars and elbow length sleeves, longer style dresses and shorts and rash tops or t-shirts for outdoor swimming.

2. Sunscreen

- Students provide their own SPF 30 or higher broad spectrum, water resistant sunscreen and the school will supply SPF 30 or higher broad spectrum, water resistant sunscreen for staff and student's use.
- Sunscreen is available and students are encouraged to apply where possible twenty minutes before going outdoors and reapplied every two hours.
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).

3. Hats

All students and staff are required to wear hats that protect their face, neck and ears e.g. legionnaire, broad brimmed or school issued bucket hats, whenever they are outside.

4. Shade

- The availability of shade is considered when planning excursions and all other outdoor activities.
- 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.

5. Sunglasses (Optional)

Students and staff are encouraged to wear close fitting, wraparound sunglasses that meet the Australian Standard AS/NZS 1067:2003 (Sunglasses: lens category 2, 3 or 4) and cover as much of the eye area as possible.

Staff WHS and role modelling

As part of WHS UV risk controls and role modelling, in Terms 1, 3&4 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 role model and use a combination of sun protection measures e.g. sun protective clothing and hats, sunglasses, sunscreen and shade, when participating in and attending outdoor school activities.

Curriculum

- Programs on sun safety, skin cancer prevention and vitamin D are included in the curriculum for all year levels.

Policy review

The school council and staff annually monitor and review the SunSmart policy.