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SUNSMART POLICY 2021

Modbury South Primary School is currently recognised as a SunSmart School by Cancer Council of SA.

The objective of this policy is to implement a comprehensive Sun Protection Plan that actively protects students (Preschool to Year 7) and staff from dangerous overexposure to UV radiation levels from the sun but also maintains adequate vitamin D levels. The main source of vitamin D is from sunlight and vital for the development and maintenance of strong, healthy bones. Sensible sun protection when the UV is 3 and above does not put people at risk of vitamin D deficiency.

This plan will be reflected through curriculum activities, the behaviour of students, role-modelling by staff, parents and carers and monitoring the environment around the school.

In line with the Department for Education guidelines and the school's SunSmart status this policy implemented in Terms 1, 3 and 4 and when the UV is 3 and above at other times. Skin damage, including skin cancer, is caused by overexposure from harmful UV rays from the sun, and damage is cumulative and irreversible. Australia has one of the highest incidence of skin cancer in the world, and at least 2 in every 3 Australians will be diagnosed with skin cancer before aged 70. Sun exposure during childhood and adolescence is a critical factor in determining future skin cancer risk.

This SunSmart policy is to be implemented throughout the year.

Objectives: At Modbury South Primary School we aim to

- Promote and practise positive attitudes towards practices that ensure skin protection.
- Teach children about lifestyle practices that can help reduce the incidence of skin cancer.
- Encourage children to accept personal responsibility for skin protection.

As part of the general skin protection strategy, it is compulsory that:

- All students and staff at Modbury South Primary School will wear a school hat (bucket, broad brimmed or legionnaire) whenever they are outdoors. This includes before and after school activities and excursions.
- Students who do not wear a school hat during recess and lunch times will be required to sit in a protected from the sun designated no hat no play area under a verandah.
- Students who do not wear a school hat during sport lessons and/or any outdoor activities, will be required to sit in a shaded area and not participate.
- Students are required to wear school clothing that includes shirts with collars and longer style sleeves, and longer style skirts and shorts. Singlet and midriff tops do not provide enough protection and are therefore not acceptable. Students who are not wearing appropriate clothing are asked to play in areas protected from the sun. Rash tops or T-shirts are worn for outdoor swimming activities.

- Students are required to provide their own SPF 30 or higher broad spectrum, water resistant sunscreen.
- Sunscreen is applied 20 minutes prior to going outdoors, and reapplied 2 hourly if remaining outdoors for an extended period. Strategies are in place to remind students.
- As part of WHS UV risk controls and positive role modelling, staff members will wear sun protective hats, clothing and SPF 30 or higher, broad spectrum water resistant sunscreen when outdoors.
- Teachers will use shady areas and indoor venues whenever possible when the UV levels are 3 and above.

Our school will:

- Ensure that school hats are appropriate and satisfy *Cancer Council SA* guidelines (e.g. broad brimmed hat or bucket hat). Baseball caps are **not** acceptable.
- Ensure all students wear a hat when outdoors.
- Ensure appropriate skin protective clothing is included in the school uniform/dress code. This will include tops with collars and longer sleeves and longer-style skirts, dresses and shorts.
- Ensure that adequate shade is provided when outdoors including sporting and swimming carnivals.
- Encourage the use of SPF 30+, broad spectrum and water-resistant sunscreen 20 minutes prior to going outdoors and every 2 hours if staying outside for an extended period.
- Incorporate programs for all year levels on skin cancer prevention, sun protection and vitamin D in the curriculum.
- Regularly reinforce the SunSmart Policy to children, families and visitors in a positive way through newsletters, parent meetings, assemblies, student and teacher activities.
- Encourage visitors and parents to role model SunSmart Behaviours.
- Hold outdoor activities in areas of shade whenever possible.
- Ensure care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these times where possible. Sports days and other outdoor events to be held during Term 2 or earlier in the day when the UV is below 3 where practical.
- Relax sun protection practices from May to July, to maintain adequate vitamin D levels. This includes removing hats on days when UV levels are below 3.

When enrolling a child, parents will be:

- Informed of the SunSmart Policy.
- Required to purchase a sun safe school hat and ensure their children wear it.
- Required to ensure their child is dressed in appropriate sun safe school clothing.
- Encouraged to practise skin-protective behaviour themselves.

Policy Review

- This policy will be reviewed every 3 years to ensure that it meets the most current guidelines Department for Education and Cancer Council SA guidelines.

INTERVENTION

- The school community support a note being sent home to parents/carers of students who repeatedly do not wear a hat to remind them of their responsibility in regard to their child's welfare.
- Disciplinary action will only occur in relation to the non-wearing of hats if a student deliberately fails to comply with the designated shade requirement.

- According to Department for Education Legal & Risk Management Services, parents/carers who wish their children to be exempt from this policy will need to provide a written authority for their children to be excused from sun protection procedures.

Legislation : Work Health and Safety Act 2012

References

- Inclement Weather & Sun Protection Procedure August, 2020, Department for Education.
- SunSmart Primary School Guidelines 2021, Cancer Council SA.
- Safety Management Procedure, Department for Education

SunSmart Policy to be reviewed by Governing Council May 2024