Morgan Primary School and Preschool Sun Protection Policy

This policy applies to all school activities and events on and off-site.

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

Staff are encouraged to check the daily sun protection times each morning for our location using the free SunSmart Global UV app, SunSmart widget, myuv.com.au or the Bureau of Meteorology website to support the implementation of sun protection at the school.

The school uses a combination of sun protection measures for all outdoor activities during terms 1, 3 and 4 (or 1 August to 30 April) and whenever UV levels reach 3 and above at other times.

Scheduling

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

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

Sun protection measures

1. Hats

All students and staff are required to wear a broad-brimmed, or bucket hat which protects the face, ears, and neck. Baseball caps are not acceptable. The school has a limited number of spare hats available for student use.

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, dresses and shorts are recommended. Rash tops or t-shirts over bathers are required for outdoor swimming

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 and upon arrival at school.
- Students are reminded to apply sunscreen before going outdoors
- Sunscreen is applied at least 20 minutes before going outdoors
- Sunscreen is re-applied every 2 hours when remaining or returning outdoors.
- Sunscreen is re-applied immediately after water-based activities, towel drying or being washed off.

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.
- The school Governing Council ensures there are sufficient numbers of shelters, portable shade structures and trees providing shade in the school grounds, particularly in areas where students frequent e.g.outdoor lesson areas and popular play areas.
- In consultation with the school Governing Council, shade provision is considered in plans for future buildings and grounds.

5. Sunglasses *(optional)*

Students and staff are encouraged to wear close-fitting, wrap-around sunglasses that provide the best protection against UV eye damage. Sunglasses should meet Australian standard AS/NZS 1067 (Sunglasses: lens category 2, 3 or 4) and cover as much of the eye area as possible. Novelty tinted glasses do not protect against UV radiation and are not recommended.

6. 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.

7. Learning and development

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

8. Policy promotion

Sun protection information and the sun protection policy is promoted to the whole school community 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:…1/5/2027

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/**

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**