

Skye Primary School
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SUN SMART



Policy

Ratified Sept 2017

RATIONALE

A healthy balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun’s UV can result in acute and chronic health effects on the skin, eyes and immune system. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

Australia has one of the highest rates of skin cancer in the world. Two in three Australian’s will develop some form of skin cancer before they reach the age of 70. Over exposure to UV during childhood and adolescence is now a major cause and increased risk of skin cancer later in life.

Sun protection is needed whenever UV levels reach three or above. In Victoria UV levels are three and above from the beginning of September until the end of April. During these months, particular care should be taken during the middle of the day, between 10am – 3pm when UV levels reach their peak. From May to August in Victoria, average UV levels are below three so sun protection is not usually needed during these months.

UV cannot be seen or felt. It is not like the sun’s light which we see, or the sun’s warmth (infrared radiation) which we feel. Our senses cannot detect UV so it can be damaging without us knowing. There is a huge variation in UV levels across Australia. UV levels are affected by a number of factors including the time of day, time of year, cloud cover, altitude, and proximity to the equator, scattering and reflection.

The World Health Organization's Global Solar UV Index measures UV levels on a scale from 0 (Low) to 11+ (Extreme). Sun protection is recommended when UV levels are 3 (Moderate) or higher.



PURPOSE

This Sun Smart policy aims to:

- Ensure all students and staff maintain a healthy UV exposure balance, and are protected from over-exposure to UV radiation by using a combination of sun protection measures whenever UV levels reach 3 and above.
- Work towards a safe school environment that provides shade for students, staff and the community at appropriate times.
- Assist students to be responsible for their own sun protection.
- Support appropriate OHS strategies to minimise UV risk and associated harms for students, staff and visitors.

GUIDELINES & IMPLEMENTATION: From September to April

- When UV levels are 3 or above (generally from September to April in Victoria), Sun Smart measures are required to be adhered to.
- All students and staff use a combination of sun protection measures for all outdoor activities from September to the end of April – hats, sunscreen, protective clothing if required.
- Our Sun Smart Policy is considered when planning all outdoor activities: eg. Outside assemblies, camps, excursions, sporting events. Where possible we have outdoor events earlier in the morning.
- To assist with the implementation of this policy, staff are encouraged to access the daily local sun protection times via the sun smart widget by visiting the Skye Primary School Sentral Dashboard – School Links <http://10.141.140.76/dashboard/> or visit the free sunsmart widget <http://www.sunsmart.com.au/uv-sun-protection/uv/uv-widget>.

Parents and Carers are encouraged to access the daily local sun protection times via the sun smart widget by visiting the Skye Primary School Web Site – Parent Links Page or visit the free sunsmart widget <http://www.sunsmart.com.au/uv-sun-protection/uv/uv-widget>.

- Sun Smart behaviour is regularly reinforced and promoted throughout the school and to the whole school community through classroom teaching programs, newsletters, staff meetings, and through appropriate school policies.
- As part of Skye Primary School's Occupational Health and Safety UV risk controls and role-modelling, when the UV is 3 and above staff, families and visitors are required to follow the 5 S's of sun safety.
 1. Slip on a t-shirt
 2. Slop on sunscreen (30+)
 3. Slap on a hat
 4. Slide on sunglasses
 5. Seek shade

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.

Sunscreen:

- Parents can provide their own high broad spectrum, water resistant sunscreen (Preferably 30+). This should not be shared with other students. The school will not provide sunscreen to students as there may be issues relating to allergies and skin conditions that we are unaware of.
- Staff should ensure sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapply every two hours if outdoors. Students will be encouraged to apply their sunscreen if they have brought this from home with the approved MSDS Sheet.
- School Camps that occur between September to April must ensure that roll on sun screen is a mandated part of items students are required to supply for camp.

Hats:

- All students, staff or parent visitors who attend camps, excursions, and other outdoor activities at the school are required to wear hats that protect their face, neck and ears. Skye Primary School's Uniform Policy states that this hat is required to be a Skye Primary School broad-brimmed hat whilst at school, excursions and sporting events. Baseball/peak caps and visors are not considered a suitable alternative and are not permitted to be worn at school.
- School hats can be purchased from the office.
- All hats should be labelled clearly on the inside with permanent pen.
- Students will be encouraged to drink plenty of water and play quiet games on very hot days.

Sunglasses:

- 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.

Shade:

- School Council conduct a shade audit yearly to determine the current availability and quality of shade, and ensure shade provision is considered in plans for future buildings and grounds.
- The availability of shade is considered when planning all other outdoor activities and excursions.
- 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 shaded 'sails area' in yard duty Area 1.

Role Modelling:

Staff act as role models by:

- Wearing sun protective hats, clothing and sunglasses while outside (this is essential when staff are on duty or when teaching/supervising outside).
- Seek shade whenever possible.
- Apply SPF 30+ water resistant sunscreen as needed.
- Families and visitors are encouraged to use a combination of sun protection measures when participating in and attending outdoor school activities.

References and Acknowledgments

- <http://www.education.vic.gov.au/> - Education department
- www.sunsmart.com.au – Sun Smart
- www.who.int/uv/en/ - World Health Organisation
- www.worksafe.vic.gov.au – Work safe Victoria

Legislation and Standards

- Occupational Health and Safety Act 2004
- Education and Training Reform Act 2006: Sch.5 Reg. 1 (1.2)

RATIFIED BY SCHOOL COUNCIL ON	September 2017
PRINCIPAL	Jane Briffa
SCHOOL COUNCIL PRESIDENT	David Tredinnick
EVALUATION	This policy will be reviewed as part of the school's three year review cycle, or as required due to changes in relevant Acts, Laws, DET mandates, or should situations arise that require earlier consideration.