

SunSmart Policy for Parkside Primary School

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

Background

A balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Exposure to the sun's UV during childhood and adolescence is associated with an increased risk of skin cancer in later life. 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.

Purpose

This policy provides guidelines to:

- Ensure all students and staff have some UV exposure for vitamin D.
- Ensure all students and staff are well protected from too much UV exposure by using a combination of sun protection measures whenever UV levels reach 3 and above.
- Encourage children's personal responsibility for and decision making around sun protection
- Ensure the outdoor environment is sun safe and provides shade for students and staff.
- Ensure students are encouraged and supported to develop independent sun protection skills.
- Support duty of care requirements

Strategies

Our school will ensure that staff and students use a combination of sun protection strategies from these dates:

1st September – End of Term 1 and at times where the UV is above 3

A combination of sun protection measures are used for all outdoor activities, these include:

- Take particular care if in direct sun between the hours of 10am to 3pm when UV radiation levels are at its highest.
- During hot weather all outdoor activities to be held in shaded areas, where possible
- Students to eat lunch supervised inside the classroom or alternative learning space.
- Whenever possible all outdoor activities, include OSHC programs will be scheduled before 10am and after 3pm, conducted indoors or in shaded areas of the school.
- On extreme weather days, the temperature will be monitored via the Bureau of Meteorology website (www.bom.gov.au)
- On days where the temperature reaches 36°C or higher, students will remain inside at playtime under supervision. Specialist teachers and leadership will support this.
- Outdoor spaces will have available shade of trees, shaded clothed areas.
- Sunscreen will be supplied to every classroom and students/staff are asked to reapply every two hours if outdoors for a prolonged period of time (i.e. Sports Days, excursions, camps). More frequent use will be required for aquatics activities.
- Parents are encouraged to apply sunscreen to their children before the start of the school day.

- Sports Day is held at the end of Term 1 and all sun protection measures will be in accordance with the SunSmart Policy. Extra shade will be available to students, staff and families during this event.

2. Students and staff to wear a hat that protects the face, neck and ears when outdoors

1st September – 30th April

- Students will be expected to wear a wide brimmed hat or bucket hat with a deep crown as per our uniform policy.
- Students not wearing appropriate hat while outdoors will be asked to sit under the Fig Tree area
- If a student is found repeatedly not to have or be wearing an appropriate hat then a note will be sent home to the family.
- All staff are expected to wear sun-safe hats during this period.

3. Reinforcing the SunSmart message

- The Health & P.E curriculum has references & resources to support the SunSmart message. This can also be found directly through The Cancer Council South Australia.
- Increase the awareness of students to risks of being exposed to UV radiation and sun protection measures will be addressed with each class during peak months.
- Information about our schools policy will be given to all new staff, students and families through various avenues. The policy will also sit on the school website.

There will be a review of the PPS SunSmart Policy every two years

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