

# Sun Smart Policy

Seacliff Primary School is committed to providing skin protecting practices for the pupils and staff of the school. We are aware that Australia has the highest incidence of skin cancer in the world and that the best way to address this health issue is to educate children from a very young age about the risks and ways to prevent skin damage. In the process of implementing our policy we envisage that this will raise the awareness of parents and caregivers in our community.

This policy addresses Sun Smart Practices under the following three areas:

- Behaviour
- Curriculum
- Environment

## Behaviour

- Seacliff Primary School has a no hat, play in the shade policy from September 1<sup>st</sup> until the April 30<sup>th</sup> and whenever UV Index levels reach 3 and above.
- To help maintain winter vitamin D, sun protection measures are not used when UV levels are below 3.
- Where applicable, staff are encouraged to access the daily Sun Smart UV Alert to assist with the implementation of this policy via [www.bom.gov.au/sa/uv/](http://www.bom.gov.au/sa/uv/).
- The uniform includes polo shirts with collars and sleeves and long style shorts.
- Teachers and other staff are expected to wear appropriate hats and clothing with sleeves.
- All students and staff have access to SPF 50+ broad spectrum, water resistant sunscreen. Students are encouraged and reminded to apply sunscreen 20 minutes prior to going outdoors.
- Students will be encouraged to reapply sunscreen every 2 hours for activities which require them to be outdoors for extended periods eg sports day, beach days, sports clinics.
- Students are expected to wear rash vests or similar during all aquatic activities and reapply sunscreen every 2 hours to exposed areas.

## Curriculum

- To develop an understanding of sun safety, skin protection and vitamin D, Sun-Safe lessons are part of the Health and Physical Education curriculum at all year levels.
- In the week prior to September 1<sup>st</sup> until April 30<sup>th</sup> reminders about wearing of hats, seeking shade and applying sunscreen daily are part of presentations at assemblies.

## Environment

Seacliff Primary School provides shade for students and staff and the school continues to expand shaded areas as deemed appropriate. In 2006 the hall was completed and is used for indoor PE, assemblies, etc. In 2009-10 a new library was built above the asphalt playing area (undercroft) to maintain the play area but provide shade to a large portion of the asphalt. Students will be actively encouraged to use available areas of shade for outdoor activities. Staff will consider sun protection behaviours when planning all outdoor events (e.g. camps, excursions, sporting activities) and care will be taken during the peak UV radiation times and outdoor activities will be scheduled outside of these time where possible.

## Hot Weather Practices

During extremely hot weather children require supervision within the school buildings. The following guidelines and procedures outline when and where this will occur, and staff responsibilities. Hot weather is defined as a temperature of 36 degrees or over at the Adelaide Airport according to the Bureau of Meteorology website 10 minutes prior to the commencement of breaks.

*“Out of Hours School Sport”* – When predicted temperatures are 36 degrees or more all “Out of Hours School Sports” are to be cancelled. The Friday morning forecast for Adelaide (Bureau of Meteorology website) for Saturday morning is used for decisions relating to Saturday morning sports. This is to ensure all relevant parties can be notified within a reasonable time.” For weekday sports the 9am Adelaide forecast is used.

## Procedure

### **Recess & Lunch:**

The yard duty roster includes provision for indoor supervision of all students. Students may use the library by negotiation.

All children must remain indoors. None are to remain outside under verandas or the undercroft.

If students wish to access the canteen it will necessitate them using the western stairs with permission from the duty teacher.

Students may play board games, watch G rated movies or take part in other indoor activity. Students may bring their own games.

Sometimes a cool change occurs prior to the lunch break. Should this occur and the temperature is considerably less than 36C, the principal / deputy principal (or designated leader) will ring 2 short blasts on the siren indicating normal lunch play outside.

## Wet Weather Practices

During wet weather children require supervision within the school building. The following procedures outline when and where this will occur and staff responsibilities.

The following procedures will be implemented when the teacher on duty in the Junior Primary play area determines that the rain is persistent, they are to consult with a member of the Leadership Team who will make a decision and ring 2 short blasts on the siren if necessary.

## Procedure

### **Recess & Lunch:**

All students are to remain in their classrooms.

The yard duty roster includes provision for indoor supervision of all students. Students may use the Library by negotiation.

All children remain indoors. None are to remain outside under verandas or the undercroft.

If students wish to access the canteen it will necessitate them using the western stairs with permission from the duty teacher.

Once children have returned to classes during wet weather they stay there unless there is a signal from the Leadership Team (2 short blasts on the siren) to return to play.

## No Hat / No Play

In accordance with Cancer Council SA's guidelines:

- All students will wear either a broad-brimmed or legionnaires hat when outdoors from September 1st until 30<sup>th</sup> April when the UV level is below 3, students may wear an approved beanie to keep warm instead of their hat.
- From September 1<sup>st</sup> until April 30<sup>th</sup> and when the UV level is 3 and above at any other time of the year all staff members are to role model by wearing the appropriate sun protective clothing and headwear and apply 50+ broad spectrum, water resistant sunscreen when they are outdoors.

When students do not have a hat they will be required to sit/ play under the courtyard veranda or the undercroft during play periods and must stay in the shade throughout any break period. Students do not require a hat when moving to and from their classroom to these areas.

If students are regularly without a hat the teacher, principal or delegate will speak with the student or, if needed, their parent. We encourage parents/carers and siblings to wear sun-safe hats when in the school grounds.

The school reviews its sun protection policy regularly (at least every 3 years) to ensure that the information remains current and relevant.

SunSmart behaviour is regularly reinforced and promoted to the whole school community (e.g. via newsletters, assemblies, bulletin boards, parents and staff meetings) and all families and staff members are informed of the policy. Visitors and parents are also encouraged to role model SunSmart behaviours.